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Script: "What it is like to be bulimic"
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This audio documentary aims to describe bulimia, a severe eating disorder, and shed light on its multiple negative side effects on one's mental and physical well-being. Join me and my bestfriend Gamila Ibrahim as we share our journey with bulimia.

The episode last night was pretty hard; it was severe and it was extremely long. I cried for like hours umm

MUSIC: Goodbye, my friend (3-11secs from the start of the song)

You are probably extremely confused after what you just heard I know, what you just heard is just half of what I feel every now and then, it is what I have felt secretly for years. What do I mean with all that, let me make it clear. I have a confession to make, but first I want you to close your eyes for a few minutes, I want you to confess to yourself if you have experienced any type of stress or hatred towards yourself or your body image, I want you to whisper to yourself if you have been extremely harsh on yourself because of your body weight and finally I want you to whisper to yourself if you had any eating disorders or if you intentionally ignored your body's food cravings. And now open your eyes, see you are probably not alone and now I know for sure that I am not. Wait that is not my confession yet, I am Farah El-Ghamrawy, a twenty-two-year-old only child and I was bulimic but then I relapsed and that is okay.

MUSIC: Tears won't stop (20secs-1min from the start of song)

SHEREEN MOUSA (SM): "Bulimia is a psychological eating disorder uh usually resulting from one's dissatisfaction with their self-image. It tends to pertain more to females than males and is usually accompanied by a sense of shame and guilt." (:19)

This is Shereen Moussa a psychology teacher at the International School of Choueifat and an AUC graduate. For many years, I have turned this eating disorder into my enemy and turned myself into a victim, but I have changed my mind about myself and chose to be open about it. There is nothing wrong with that, the emotions that are linked with bulimia are brutal be it shame, disgust and or frustration.

SM: "Obviously, the impacts of uh any eating disorder not just bulimia can uh can and is uh very negative on one's uh mental state as well as physical well-being uh specifically with regards to bulimia ones tend to um impair their daily their lifestyle so their ability to maintain a healthy lifestyle is usually affected negativity by the need to purge after meals that are excessive in calories um it can have a negative effect on ones uh professional and personal relationships due to the fact that usually bulimia is accompanied with secrets um and a sense of shame." (:59)

All this time I thought I was alone, all this time I fought this disorder thinking I was the only one who is suffering, but I was wrong. Just recently when I chose to share my story, I found out that my bestfriend of fourteen years or more is a former bulimic. Gamila is now a fitness trainer and an experienced life coach, her obsession with weight and food started at an extremely young age

GAMILA IBRAHIM (GI): "So it all started when I was eight. I was an eight-year-old little girl who had a lot of unstable family issues." (:11)

We both found comfort in food, we escaped life's difficulties by having food as our go to, or you can say our bestfriend.

GI: "I went to food, food was my comfort, food was my bestfriend. It is still is my bestfriend." (:08)

Bulimia starts by excessively eating and then obsessing over your body weight and so the cycle starts from here; eating and then purging

SM: "Bulimia is uh known for its cycle, the cycle contains or starts with a need to diet due to one's poor self-image or negative self-image uh dieting then leads to bingeing

uh so over eating. They then feel a sense of guilt where they want to uh get rid of the amount of food, the excessive amount of food that they have um consumed so they go on to purge or throw up.” (:33)

What Gamila and I shared in common was the fact that we fought this disorder in secret for years and we resorted to training to manipulate our bodies and brains into thinking we are fixing them, yet our emotions got the best of us. We feared the Egyptian society and we feared our friends’ and families’ input

GI: “I just hated myself and I hated the name calling and I hated how everybody saw me. I thought I am not worthy until I looked good.” (:07)

This disorder is destructive, change starts by loving yourself and understanding your own mind and body, by appreciating yourself. It all starts by fixing your mentality before fixing your body image

GI: “I have to fix my problems, my triggers. I have to understand my struggle, my survivor trait.” (:06)

Here I am fighting this disorder again while being a fitness freak. I believe I relapsed because of my continuous obsession of wanting a certain body image and so I am learning how to balance and how to control myself. Bulimia is not a shameful disorder; bulimia is part of my story. Share your story and never be afraid to speak up or seek help. Be proud of who you are and pat yourself on the shoulders. Say it out loud, I am bulimic or I was bulimic

GI: “I was bulimic.” (:01)

Anonymous speaker 1: “I was bulimic.” (:01)

Anonymous speaker 2: “I was bulimic.” (:01)

MUSIC: Tears won’t stop (35secs from beginning of the song)

I am bulimic

This audio feature was produced by Farah El-Ghamrawy for the Audio Production course at the American University in Cairo, taught by Professor Kim Fox in the Spring semester of

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Picture on sound cloud:

Credits: <https://foodgrammar.com/bulimia-nervosa/>