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**EATING DISORDER EXPERT CAROLYN COSTIN WARNS:
DIETING INCREASES THE RISK OF OBESITY AND EATING DISORDERS**

Los Angeles, CA – [August 4, 2011] - One of the country's most respected eating disorder experts, Carolyn Costin, will join producer-director, Darryl Roberts this Fall for a nationwide book and film tour promising to expose the myths and the truth about America's obsession with dieting, the forces that fuel it, and the damage that results.

The tour begins with the October release of Costin's new book, "8 Keys to Recovery From An Eating Disorder" and Robert's new film, "America The Beautiful II: The Thin Commandments", a serious but humorous exploration of America's obsession with weight loss, and the multi-billion dollar weight loss industry. Costin's experience and expertise and Robert's investigative, behind the scenes footage, challenge audiences to question, "*Is America missing the mark in the fight against obesity, and causing collateral damage in the process?*"

From different vantage points, Costin and Roberts uncover the dark side of America's expanding waistline, dieting epidemic and "obesity industry" which some estimate will cost \$315 billion this year (nearly 3% of the U.S. economy). The duo alert audiences to the shocking reality that 80 million Americans diet every year, 83% of college women diet no matter how much they weigh, and astonishingly, 95% of diets fail. Worse yet, Americans are getting fatter and sicker. Many dieters end up heavier than before they started and adolescent girls who diet are at a 324% greater risk for obesity than those who do not diet. Furthermore, 35% of normal dieters progress to pathological dieting and 20% -25% progress to partial or full syndrome eating disorders.

Costin, a therapist, an author and recovered herself from an eating disorder, deals daily with the casualties of our national obsession with dieting, understands the consequences and shares them in the film. One particularly painfully segment depicts one of Costin's former patients, who is still suffering from anorexia

and fighting to get her insurance company to cover the cost of treatment.

Costin lets the viewer know that dieting alone does not cause an eating disorder but is a serious risk factor. She says that, “Virtually all people with an eating disorder have a history of dieting. It’s rare to find an illness where we can identify a specific behavioral antecedent that is as closely associated as dieting is with eating disorders. People who diet and develop eating disorders are our cultural ‘*Canaries in the Coal Mine*’. They are the ones who are most susceptible to the toxic cultural message that what you weigh is more important than your health or who you are.”

Costin’s fourth book, “8 Keys To Recovery From An Eating Disorder”, due for release in October by W.W Norton & Company Inc., was written with former patient-turned-therapist, Gwen Grabb. The book is written from their own personal and professional experience and provides insights and strategies for a successful recovery.

Actress Portia de Rossi, also a former patient of Costin’s states, “Carolyn Costin was my eating disorder therapist and I credit her with my recovery. ‘8 Keys’ gives the reader the same insight, inspiration and tools that Carolyn gave to me. It is straight forward, well written and allows the reader to actively participate in her own recovery. I highly recommend it to anyone who is struggling with an eating disorder.”



Tour starts:

New York City, October 7 - ends November 19, in Seattle.

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Copy of book for review available on request