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Ex-patient of clinic heralds it as lifesaver

Eating disorder no longer has hold thanks to help

Trent Evans

A Melbourne woman who has been in remission from an eating disorder for more than 10 years is calling for more support for a treatment she claims saved her life.

Hayley Browne-Miro, 30, is spreading the word about a Brighton clinic treating eating disorders, which is holding an open day this Saturday.

Ms Browne-Miro said she would have died if not for the Mandometer Clinic in Sweden, which uses the same method as the Bay St clinic.

Staff treat eating disorders including anorexia nervosa and

bulimia by teaching patients good eating habits, and how to recognise hunger. The Bay St clinic opened in 2006.

Ms Browne-Miro was 12 when she developed an eating disorder, throwing away her lunch and avoiding eating with friends.

By Year 11 she was throwing up, self-harming and had distanced herself from friends and family.

Over the next few years, she was in and out of hospital and said she hit rock-bottom.

"I exhausted the resources in Australia," Ms Browne-Miro said. "I was sick for eight years."

Desperate, she sought treatment from Sweden's Mandometer clinic in December 2005, and has been in remission since August 2006.

"You don't get better after a two week-hospitalisation or a four-month stint of therapy," Ms Browne-Miro said. "Changing behaviours takes a long time"
Clinic founder Dr Cecilia Bergh will answer questions at the Mandometer Clinic, Brighton, on Saturday, August 19, from 10am.



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Hayley Browne-Miro at the
Mandometer Clinic in Brighton.
Picture: Penny Stephens