





Peaceful Meadows Recovery Center



Mission Statement: We wish to provide a safe place for women and girls who are struggling with an eating disorder while providing physical, emotional, and spiritual healing in a conservative Christian setting.



Bear ye one another's burdens and so fulfill the law of Christ. Gal. 6:2

May 2026 Newsletter



What is an eating disorder?

Eating disorders are serious health conditions that affect both your physical and mental health. These conditions include problems in how you think about food, eating, weight, body image, and in your eating behaviors. These symptoms can affect your health, your emotions, and your ability to function in important areas of life. If not treated effectively, eating disorders can become long-term problems and in some cases cause death. The most common eating disorders are anorexia, bulimia, binge-eating disorder, and orthorexia.

The treatment of an eating disorder is an intense journey that involves three key parts of the victim's life. Successful treatment includes physical, psychological, and spiritual guidance.



CONTENTS:

From a Former Resident, pg. 2

From a Staff Member, pg. 3

Feature Article: *What Is an Eating Disorder?* pg. 4

Administrator's Report pg. 5

What About Hair Testing? pg. 5

Board Member's Report pg. 6

General Information pg. 6

Treasurer's Report pg. 6

From a

Former Resident



My Eating Disorder Story

I really don't know when my eating disorder started. I have no trauma or abuse in my past that I can look back on and say, "There, that's what caused it!"

About the time I started school, I became aware that I was "bigger" than some others that were my age, and it bothered me. Not so badly that I became obsessed then, but it affected me enough that it slowly burned in my mind until the thought that I was chubby became a belief. I was super sensitive and felt I had to be one of the best at just about everything, but that wasn't the way it worked out. And I begin to feel inadequate.

The summer after I graduated from school, I had cut back a bit in my eating. I lost a bit of weight and I felt exhilarated! Maybe I didn't have to be chubby all my life after all! I began to cut back more, and the numbers on the scale kept going down.

Before I knew what was happening, I believed that to be good enough, I had to eat less than other girls my age. I had to be busy all the time, be it work or exercise. I believed God was a merciful God, but did it really apply to me?



**PMRC
RECORDING LINE**

712-432-3991

Pin # 7326837

Finally, my parents and I realized I was not well. An eating disorder was not the first thought, either, because we didn't know anyone close to us who had one.

My parents tried to get me to eat right, and I'd do better for a few meals, but soon ED would get the best of me and down I'd fall.

I was growing weary of the struggle. I was so tired of food always being on my mind. I had no energy, no zest for life. But what was really wrong?

Someone my parents and I knew worked at Peaceful Meadows, and advised us to go and talk with the administrator. Since I lived only an hour away, I became an outpatient rather than a resident. Physically, I was healing, but mentally I couldn't grasp the fact that I had to completely let go of the ED. After all, I wasn't nearly as sick as some, right?

I distinctly remember praying one day that somehow, no matter what it took, I would recover. God answered in a way I didn't expect.

The year I turned eighteen, I decided to teach school. I thought surely teaching would help me in my battle with the ED, too. It didn't. By Christmas, I had to quit. I just couldn't honestly look those dear children in the eyes and teach them if I was completely controlled by the ED. Somehow, there was a place available for me to go as a resident at Peaceful Meadows right after I quit teaching. I am so glad it worked out that way because I was so depressed and weary of everything!

I am so thankful for the tools the staff at Peaceful Meadows have taught me to help overcome the ED. Recovery isn't easy, but it is so worth it!



From a Staff member

“No matter how deep the issue is and no matter how long you’ve struggled with it, the possibility remains for you to become absolutely free, whole, and healed.” -Brandon Bays

How many of you have felt the crushing weight of worthlessness, exhaustion, fear, and despair? Chasing approval and acceptance, but always finding it just out of reach? How many of you know what it’s like to be at a place you don’t want to be, but you see no possible way through? Probably more of us than would dare to admit. I certainly have. And my dear, courageous friends here at PMRC who are in the heat of when you finally feel safe enough to come out from behind the facade of denial and come to the realization that everything that ever felt safe or controllable in your life is slowly killing you... that’s when the battle gets real! To let go of this familiar, yet destructive “safety net” that the eating disorder offers feels worse than falling into deep waters with nothing predictable or secure anywhere. These people are some of the bravest souls I’ve ever met!

I love my job! And I love the people here! The more I write about my job, the stronger passion stirs within me. Passion ignited by purpose. If you’ve sat alone in some of the dark corners of the corridors of complete blackness, and you’ve felt the light which illuminates and heals slowly but surely, you cannot contain it! The world is in darkness, many in a darkness that they did not choose for themselves. Eating disorders are not a choice. No one sits down one day and chooses to have an eating disorder. It happens slowly. No one chooses any kind of trauma or loss or betrayal and wishes it would be part of their story. But praise be to God! There is hope! Brilliant, beautiful hope! There are people who hear and understand! And there really is a God Who cares!

My job is not to fix darkness or pain. My job is to carry the light with me back into the lonely corridors of despair... to sit with people in their darkness... to remind them of their why... to provide calm, stable meal support when taking the next bite feels completely impossible... to encourage them and stand behind them through the grueling and sometimes brutal battles of the mind that the eating disorder rules in... to communicate that they matter, that their journey matters, and that there really is hope for them, not just everyone else... to be their friend... to cheer them on in their successes and to believe in the possibility of a better life for them when they can’t see it themselves... and to ride the highs and lows of the roller coaster recovery journey with them. No one is strong enough to fight against an eating disorder alone, and everyone can find true freedom and safety outside of its clutches together!

Let me share with you our favorite motto: “Teamwork makes the dream work.” It is not I. It is us. It is our entire wonderful team! “Together we rise. Divided we fall.” And under and above all is our All-Knowing, compassionate, merciful, Redeemer God. Without Him we labor but in vain. It is His work. It is not ours. We are but instruments in His Hands.

Witnessing the joy of recovered living with its purpose and endless possibilities is so rewarding! It is beyond words! Only God can do such miracles! Only God can provide sufficient grace for every moment. And not only that, over and over He takes broken people and transforms them into some of the most useful tools in His kingdom! And He does it with great pleasure! Isn’t that awesome!

Recovery isn’t a quick fix. Recovery is a journey. A journey filled with fear and uncertainty, pain and tears, acceptance and peace. So welcome aboard, friends, because in the end, all of us are on a journey and no one else’s journey is less important than another’s.

~By a staff member

“Someday you will tell your story, and it will be someone else’s survival guide.”



What is an Eating Disorder?

While Eating disorders may begin with preoccupations with food and weight, they are most often about much more than food. People with eating disorders often use food and the control of food in an attempt to compensate for feelings or emotions and to feel in control of their lives, but ultimately, the behaviors will damage a person physically, mentally, emotionally, and spiritually. Following are common types of eating disorders:

***Anorexia Nervosa:** This is what most people think of when they think of an eating disorder, because this type presents as being underweight and malnourished. This type of eating disorder has the highest fatality rate.

***Binge Eating Disorder:** This is the most common eating disorder, and most often overlooked. 66% of those seeking ED Treatment in commercial treatment centers in 2024 were at or above normal weight for age and height.

***Bulimia Nervosa:** This occurs when a person consumes a large amount of food followed by compensatory behaviors: purging, laxatives, diet pills, over-exercising, etc.

***Orthorexia Nervosa:** While not in the DSM-5, this type of eating disorder has risen rapidly in the last few years. This is also known as "Righteous Eating." Many who struggle with this place a moral value on food. There are other types of eating disorders as well, but these are the most common.

Consequences of Eating Disorders:

When a person uses food to cope with the pain in their life, there are consequences that need to be understood.

Physical Damage: Medical instability, no longer feeling hunger and fullness cues

Mental Damage: Depression, anxiety, panic attacks, dissociation, etc. Disordered eating causes physical damage to the brain, as well.

Emotional Damage: Shutting off one's emotions in order to act normally. Shutting off negative emotions results in positive emotions also being shut off.

Spiritual Damage: These things together result in a damaged or lost connection with God.

Healing From An Eating Disorder:

For complete healing from an eating disorder, we must use a holistic approach. This means for the physical healing, we will use mechanical eating using a meal plan until the body is medically stable, and hunger and fullness cues are properly working again. For mental healing, this means learning coping skills such as deep breathing and "questioning your negative thought" exercises. This may include medication to help control anxiety and depression. For emotional healing, this includes helping them identify what they are feeling and where they are feeling it in their body. Equine therapy, "Identifying Your Emotions" papers, and SIFT exercises are a few of the tools that we use in working with emotions. Last is spiritual healing. After a person is physically and medically stable and is starting to reconnect with their emotions, they can begin healing spiritually. If we try to work on the spiritual before they are connected with their own emotions, we will train them to say all the right things, but they will feel empty inside because in lacking connection to what they themselves are feeling, they lack a true connection with God. Only after connecting to their own emotions can they have a heart-level connection and peace with God. When there is a true connection with God, therein lies healing.

Report from the Administrator



As it is time for a letter for the newsletter we again praise God as we see the flowers coming through the earth, trees budding, and grass turning green. And seeing Easter lilies blooming we are strongly reminded that Jesus died for us on the cross. We again are reminded of God's promise of seed time and harvest, cold and heat, and summer and winter, and day and night shall not cease while the earth remaineth.

We also are encouraged each day as we see God's healing power helping our clients back to more normal health. As we see the many different situations God truly sees each individual's needs. Here at PMRC each client gets interviewed before getting admitted. Behind every eating disorder there is a problem that needs to be addressed. But before working on that problem the food side must be addressed to get the body and brain functioning before the spiritual part can be addressed. So to get through this whole process it takes a lot of healing, time, and patience.

Seth Yoder, administrator



What About Hair Testing?

Following are excerpts from an article by Marie Bieber, a dietician that Peaceful Meadows works closely with in caring for residents. It addresses a topic frequently addressed in nutrition-related questions there. **For the full article, contact PMRC:**

315-759-6010

Hair Mineral Analysis (HMA), also sometimes

called Hair Mineral Tissue Analysis, is a test performed on hair to analyze the amount of minerals, heavy metals, and toxins present in hair. Some practitioners suggest that testing can inform an individual of their current health status and often prescribe supplements or remedies based on HMA results. Unfortunately, research does not support the use of HMA... Given these concerns, any recommendations for supplements or remedies is not clinically appropriate or evidence-based and may be harmful. Let's take a look at these concerns in more detail.

PROBLEM #1: DIFFERENT LABS GIVE DIFFERENT RESULTS

In medicine, a test is only useful if it gives the same answer no matter where it's run. When something is true, study after study or test after test will show similar results. For example, a cholesterol test done at two hospitals should give nearly identical results. Hair mineral testing does not. HMA tests have repeatedly demonstrated inconsistent results and major differences when analyzing the same samples....

PROBLEM#2: HAIR IS EASILY CONTAMINATED

Unlike blood samples, hair is exposed to the external environment which increases the risk for contamination. Hair samples are easily contaminated by sweat, hair products, cosmetics, environmental pollutants and sebum which is an oily substance which protects the hair and skin. When labs measure minerals in hair, they may actually be measuring minerals stuck on the hair, not inside the body. Even worse, laboratories wash hair samples differently. Some washing methods remove contamination, while others strip natural minerals out of the hair itself. This means results depend partly on how aggressively the lab washed the hair.

PROBLEM#3: HAIR LEVELS DON'T MATCH BODY LEVELS. Even if one were able to test an uncontaminated sample, there is a lack of scientific evidence as to how much minerals should be in the hair. This makes any attempt by laboratories to create "normal" values imprecise...

Other points covered in the full article:

"But the lab is certified..."

"People say it helped them..."

"Why This Matters"

"Takeaways"

Report from a Board Member



Greetings in Jesus Name.

I was asked to write something for this Newsletter, so with God's help I will try to write something that makes sense.

When I was put on the board for Peaceful Meadows Recovery Center, I knew (I think I can say) nothing about Eating Disorders. In 1 year I have learned a lot. I get a lot more out of it than I put in. Going to board meetings and some staff meetings I kind of get the picture what it takes to run a facility like this. It takes a lot of working together.

When I hear what some of the ladies go through before they come to PMRC, it makes me want to go home and be a better husband and father.

An Eating Disorder can make a person very sick, and may I say, it starts very small in how they think. There are other disorders that start the same way. So let's do something about it before it gets so bad.

Pray for the staff at Peaceful Meadows. They have some hard decisions to make. Thank-you to everybody that has already helped!

~By Daniel Stoltzfus

Staff Need: Recovery Coaches

Coaches follow daily schedule with residents and provide meal support. Must be stable, willing to learn, 18 years or older

Board:

Chairman: John Newswanger
 Vice Chairman: Daniel Martin
 Treasurer: Jonathan Garman
 Secretary: David Hoover
 Albert Hershberger
 Jonas Stoltzfus
 Nevin Horst
 Daniel F. Stoltzfus
 Joel Wise

PMRC Treasurer Report August 1, 2025- January 1, 2026

Income:	
Donations:	\$113,110
Clients:	867,052
Other Income:	6,853
Total:	\$986,995
Expenses:	
Groceries:	\$47,408
Wages:	519,134
Driving & Travel:	98,063
Massage & Chiropractor:	10,708
Horses and Related:	8,105
Interest on Loans:	13,785
Reimbursible expenses:	4,333
Other expenses:	88,781
Total:	\$785,984
Building Debt:	\$371,143

Staff:

- Administrator: Curtis and Michelle Martin
- Assistant Administrator: Leon Weiler
- Assistant Administrator: Seth Yoder
- Recovery Coach: Sharon Zimmerman
- Recovery Coach: Ida Zimmerman
- Recovery Coach: Anita Zimmerman
- Recovery Coach: Miriam Fox
- Recovery Coach: Rhonda Lehman
- Recovery Coach: Rosetta Burkholder
- Recovery Coach: Faith High
- Night Shift: Annie Wengerd
- Night Shift: Emma Wengerd
- Night Shift: Sally Wengerd
- Chef: LaShawna Zimmerman
- Chef: Mary Yoder
- Chef: Meredith Good
- Chef: Eleanor Hoover
- Shopping: Melissa Zimmerman
- Nurse: Mary Wenger
- Nurse: Kandis Martin
- Receptionist: Barbie Martin
- Receptionist: Joy Bange
- Receptionist: Elaine Hoover
- Mentor: Rebecca King
- Equine Therapist: Ruthann Weaver
- Equine Therapist: Sarah Ann Martin
- Equine Therapist: Diane Burkholder
- Outpatient Equine Therapist: Edna Martin
- Outpatient Equine Therapist: Jane Hoover
- Outpatient Equine Therapist: Hadassah Garman
- Barn Chores: Luann Wenger
- Cleaning: Haley Martin
- Fill-in Staff: Martha Sauder, Susan Byler, Lillian Rohrer, Karen Wise, Lizzie Fisher

