

Rumination-Regurgitation Disorder

A compassionate guide for understanding, support and recovery

Understanding the condition

Rumination-regurgitation disorder involves repeated regurgitation of food after eating. Food may return to the mouth and then be rechewed, reswallowed or spat out. It is different from simply choosing to vomit and should not be dismissed as a bad habit.

What may be happening underneath

The pattern can become automatic and may be confused with reflux or other gastrointestinal problems. Some people experience little nausea before regurgitation, while embarrassment about the behaviour can lead them to avoid eating around others.

Why compassion matters

Eating-disorder behaviours often make more sense when we understand what they are trying to manage. They may reduce anxiety, create predictability, numb difficult feelings, respond to sensory distress or provide a temporary sense of control. Understanding the function of a behaviour does not mean ignoring risk. It gives us a more useful place from which to build change.

Shame usually increases secrecy. A compassionate approach combines respect for the person with clear attention to physical safety, nutrition and specialist care. Recovery is not about taking away a coping strategy and leaving an empty space; it is about helping somebody build safer ways to cope while reconnecting with the rest of their life.

Physical health, treatment and recovery

Medical assessment is important to distinguish rumination from other conditions and to consider nutritional or dental consequences. Behavioural approaches can be helpful, and appropriately taught diaphragmatic breathing may form part of treatment for some people.

What recovery can involve

Recovery is individual and rarely perfectly straight. Helpful care may include specialist eating-disorder therapy, medical monitoring, nutritional support and involvement of trusted family or supporters where appropriate. Progress can be small and still be meaningful. A setback does not erase what has already been learned.

A gentle place to begin

Try replacing the question 'What is wrong with me?' with 'What is happening for me, what is this helping me manage, and what would make the next step safer?' A useful next step might be telling one trusted person, attending an assessment, noticing a trigger, accepting nourishment, reducing a harmful behaviour, asking for an accommodation or allowing yourself to rest.

Supporting yourself or somebody you care about

Tracking timing, posture, stress and body sensations can help clinicians understand the pattern. Compassion is important because shame often delays help-seeking. The behaviour is something to understand and treat, not something to ridicule.

If you are supporting somebody, try not to become the food police. Avoid comments about weight, shape, calories, portion size or whether foods are 'good' or 'bad'. Ask what kind of support feels useful. Practical help might mean company around a difficult moment, help attending an appointment, reducing sensory or social pressure, or simply listening without demanding an explanation.

When urgent help is needed

Seek urgent medical help for collapse or fainting, chest pain, severe weakness or confusion, severe dehydration, blood in vomit, suspected poisoning or obstruction, or immediate risk of self-harm. In the UK use 999/A&E; for an emergency or NHS 111 for urgent advice when it is not immediately life-threatening.

You do not have to become more unwell to deserve help. Early support matters.

My Rumination-Regurgitation Disorder Diary



Use this page to notice patterns, difficult moments and small wins. There are no right or wrong answers - this is a place for curiosity and kindness.



How am I feeling today?



What happened around food or eating?



What felt difficult or challenging?



What went well - even a little?



What helped me today?



What do I need or want to try tomorrow?



I am learning. I am growing. I am enough.



My Recipe for Life

This is not a meal plan. It is a gentle reminder that recovery and wellbeing need many different ingredients.



Ingredients

- ♥ Patience
- ♥ Compassion
- ♥ Curiosity
- ♥ Support
- ♥ Rest
- ♥ Joy
- ♥ My Pace
- ♥ Self-Trust
- ♥ Small Steps
- ♥ Hope

How I use them



A message from Maggie

You are so much more than your struggles with food. Please be gentle with yourself. You do not have to prove that you are struggling enough to deserve support. Recovery is allowed to be slow, uneven and personal. Notice the small steps, ask for help when you need it, and keep making room for the parts of you that have nothing to do with an eating disorder. You deserve patience, understanding and a life that feels lighter and more peaceful.

Maggie