

Information On Eating Disorders

Psychologists qualify an eating disorder as something of a mental illness that affects a person's eating habits in such a way that drastically disturbs the physical health of that person. An in-depth analysis by psychologists and psychiatrists list the types of eating disorders as Anorexia Nervosa, Beriberi, Bulimia Nervosa, Hyperphagia, Kleine-Levin Syndrome, Rumination, Binge Eating Disorder, Orthorexia, and Pica. Among these, Anorexia Nervosa and Bulimia Nervosa rank as the most common eating disorder. When a person is affected by eating disorders, normal consumption of food is obstructed. When this becomes the case, grave health problems occur. Individuals who are afflicted with eating disorders go through severe psychological suffering. Food, diet, and body image become their primary obsessions. They may not take it seriously, but their obsession risks their health to a much greater extent. Cases of eating disorders are not to be taken for granted. Professional help is always available. There are also numerous self-help books to consult. Eating disorder treatment methods are categorized into three groups: diet regulation, medications and psychotherapy ranging from individual to family therapy. The treatment will not cause an abrupt change, as the problem may have been deeply rooted. What matters is the concerned individual's willingness to be cured. It is necessary to analyze your own eating habits. More so, it proves essential to find out if your friends and family members are engaged into some sort of eating disorders. They need help. They have to be treated or else these disorders will lead to more complicated physical conditions and possibly death.

About the Author

A description of the eating habits of our ancestors. Features commentary derived from a email discussion.

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