“EATING” DISORDERS

- Anorexia Nervosa
- Bulimia Nervosa
- Obesity
- Binge-Eating Disorder
- Pica
- Others

NOTE: SOME OF THESE ARE PSYCHIATRIC DISORDERS THAT MANIFEST IN A WAY THAT IS RELATED TO FOOD!!

IT’S NOT REALLY ABOUT THE FOOD...

Anorexia Nervosa

Anorexia affects your whole body

- Brain and Nerves
  - hair thins, loss of hairgrowth, weak muscles, irritability, fatigue, memory loss, changes in brain chemistry
- Hair
  - hair thin, gets brittle
- Heart
  - low blood pressure, slow heart rate, rhythm of the heart (arrhythmias, heart block)
- Blood
  - anemia and other blood problems
- Muscles and Joints
  - muscle atrophy, weakness, joint pain, fractures, osteoporosis
- Kidneys
  - kidney disease, kidney failure
- Body Fluids
  - kidney failure, mineral imbalances, acidosis
- Intestines
  - constipation, diarrhea
- Hormones
  - normal, low levels, problems growing, menstruating problems, if pregnant,Shoplift for medications, hormonal imbalances, baby with low birthweight, and endometrial abnormalities
- Skin
  - loss of body fat, dry skin, growth of fine hair all over body, dry and scaly skin, anemia, red, dry skin
Muscle Dysmorphic Disorder – “Bigorexia”

Orthorexia
Good Diets Gone Bad

Obesity