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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Bulimia - Not Fatal Anymore

By Keith George

Bulimia is a severe eating disorder related with weight loss psychology. During bulimia your body will lose potassium, sodium and other important minerals, which will surely lead you to cardiac hazards. As ladies are weight conscious, more than 75% bulimia patients are female.

Weight loss programs, which offer you an easy way to control weight, are often the psychological starter of this serious eating disorder. Unfortunately, their claim is true.

There are other triggers. For example, a well-known Swedish swimmer, with several championships titles, told that the reason she started to get into this was the words a trainer gave her. You got to watch your weight he told her when she was 14 years old and close to join the Swedish swimming team. Ten years later she still have problems.

What is bulimia nervosa?

This is a potentially life-threatening, very serious eating disorder consisting of two phenomenon - binge-eating and then purging just to withdraw calories consumed. People wants to lose weight and they use unhealthy methods to rid the body off the calories such as: water pills, vomiting, enemas, fasting, extreme exercise or fasting. Purging after binge-eating just start to minimize weight or to control weight but gradually it become habitual and out of control.

What are the signs and symptoms of bulimia?

People having bulimia nervosa do not talk about their problem to each and every person. Sometimes even not to their families and close friends. Some bulimia symptoms are very elusive so that only a doctor can point out them. You would be surprised to know that underweight is not a symptom of bulimia and sometimes people with bulimia fear of being fat.

Diagnostic signs and symptoms of bulimia include:

- Odd eating behaviors

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a) Skipping meals b) Sudden and unpredictable dietary likes and dislikes c) Increased diet soda intake d) Use water as means to make vomiting easier e) Chewing food excessively f) Shortening of food

· They prefer to eat in a lonely place just to keep the secrecy about their eating habits. If you notice that someone goes frequently after each meal, most probably he or she is suffering from bulimia. After a meal they usually use the toilet for purging.

They use to eat large amounts of food, but you will never note any increase in their weight.

· Excessive, rigid exercise regimen · Complex lifestyle schedules to get time for binge and purge sessions. They mostly use chewing gums or mints to cover vomit smell · Preoccupation with weight loss, body weight, dieting and control of food. Person with bulimia usually wear baggy clothes to hide

their body · Callused or discolored backs of hands or finger joints · Decalcified and discolored teeth with bleeding cheeks and gums · Irregular bowel movements · Irregular menstrual periods

Types of bulimia:

· Purging type of bulimia · Non-purging type of bulimia

Effects of bulimia:

Some of the major effects of bulimia include:

· Electrolyte imbalance · Inflammation of the jaw, salivary glands and esophagus · Problems with lips, gums and teeth · Irregular bowel movements · Depression

Bulimia nervosa is a disease that usually affects a whole family. A mother and father will at first have great problems to realise what the problem is with their child. Then they will have a problem to get the child to realise there is a problem. After that a treatment can start to work, and it will take years.

Keith George always writes about valuable news & reviews. A related resource is

<http://learn-bulimia.info/>

Further information can be found at

<http://find-medicine.info/>

Hypnosis For Eating Disorders?

By Carl Graeber

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Today, eating disorders such as Anorexia and Bulimia are running rapid. If a person intentionally starves him or herself yet believes they are overweight, they could very well be suffering from Anorexia Nervosa, which is a severe emotional disorder that needs serious intervention. With this, the diet is drastically restricted, coupled by excessive exercise. The result is dangerous weight loss that can cause serious damage to the body to include death.

Bulimia is a form of Anorexia, which is characterized by misuse of laxatives, diuretics, enemas, and/or vomiting to rid the body of food consumed during binge eating. In both cases, the body is put at great medical risk. The problem is that both Anorexia and Bulimia are not just serious but difficult to treat. In addition to the body needing intervention, the mind also needs intervention since the individual with the eating disorder sees him or herself as fat although they could easily be 50% of their normal weight.

These eating disorders typically begin in adolescents, which are seen most often around time of puberty. However, although rare, eating disorders can affect people over the age of 40, and again, both males and females although girls are in the highest risk category. If you have a child and you begin to notice things like infrequent or stopped menstrual cycle, dry skin, thinning hair, cold and/or swollen feet, or a bloated stomach while watching drastic weight loss, then you need to pay attention.

The psychological signs generally involve poor judgment, problem with memory and/or concentration, a distorted perception of the body, denial, obsessive–compulsive behavior, and depression; these could well be indications that an eating disorder is a problem. Treating eating disorders is a long process that addresses both physical and psychological. Many of the traditional treatment options include cognitive and behavioral therapy, antidepressants, and herbs. However, because the mind is involved, hypnosis has also been proven very beneficial for some people suffering from Anorexia or Bulimia.

Although the exact cause of Anorexia and Bulimia remains unknown, most experts believe it has to do with the individual trying to gain control over their life. For this reason, you see young girls who are trying to fit into school, dating, or coming from a difficult home life turning to an eating disorder to gain some type of semblance in their life. With hypnosis, the subconscious mind can be reached and taught to change the normal pattern of thinking. By working with a reputable and licensed hypnotherapist, the subconscious can receive positive suggestions that relate to things beyond the eating disorder.

Although that will be the primary reason for seeking hypnosis, the underlying issues that lead to the eating disorder in the first place are addressed. In this case, the depression and cause of depression is uncovered. The individual learns self–confidence, healthy control, and other positive tools that can be used to conquer the battle with Anorexia or Bulimia. Keep in mind that along with hypnosis, the individual with the eating disorder will need ongoing love and support by family and friends. By creating a positive environment, recovery is possible. When choosing the right hypnotherapist, you want someone who also believes and supports in the individual receiving other treatment and medication.

These factors together will provide the best chance for success. In fact, many medical doctors are now adding hypnosis to their practice for this very reason. Over the years, studies have shown that in some cases, such as severe eating disorders, the combination of traditional medical care with hypnosis greatly improves the resolution.

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Warning: This information is to be taken lightly! It may lighten your thinking and BMI (body mass index). So: take 5 minutes, and check out the free website at

<http://www.morbid-and-childhood-obesity-help.com>

and

<http://www.obesity-weight-loss-diet.com>

– end

your quest by learning how to conquer obesity the right and healthy way!



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