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**Eating Disorders: Anorexia and Bulimia**

**By Tina Rideout**

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**Eating Disorders: Anorexia Nervosa and Bulimia**

The incidences of eating disorders in our society have been steadily increasing over the last few years. It now occurs in 1 out of every 100 women. Nineteen out of 20 people who suffer from eating disorders are young women between 18 and 25.

Studies have found that our social habits and expectations increase the likelihood of the disorder in our young women. The emphasis on outward appearances and thinness are targeted daily through peer pressure and how our society markets its Health and Fitness Products and Services.

Yes obesity is definitely a problem in our society, and we have guidelines for Health and Nutrition, but the majority of young women fail to follow the guidelines in an effort to gain immediate gratification or have had abnormal eating habits throughout their lifetime.

**Anorexia Nervosa:**

**Case Study:**

Jennifer is 20 years old. She is very attractive and has always been an over achiever. From an early age she prided herself on her figure. She watched her diet, exercised daily and maintained a regiment of self-discipline. She has always been thin, but has never been satisfied with her weight or appearance. She continually strives to lose more weight. She is 5' 6" and weighs 85 lbs.

Jennifer is unaware of the fact that she is undernourished, therefore she sees no problem with her appearance or weight.

## Eating Disorders: Anorexia and Bulimia

How does this happen??

Learned behavior has a great deal to do with why this happens. Many young women develop anorexia-like patterns as our society is pressured with the pursuit of thinness. Many women are anorexic based on the eating patterns they have developed by trying to accomplish unrealistic weight goals.

Fashion models, long distance runners, women athletes and dancers commonly have anorexia-like traits.

1. An intense fear of becoming obese. Even as they lose more weight.
2. Inaccurate vision of how their bodies appear. Feeling fat when in actuality they are very thin and emaciated.
3. Continual weight loss. 25% or more of their original body weight.
4. Refusal to gain weight, which would place them in a normal body weight range.

Physical Dangers:

A rigorous dieting regime will send the body into starvation mode. Then the physical effects will start to manifest themselves:

Thyroid hormones will become abnormal. Adrenal, growth hormones and blood-pressure hormones also become abnormal.

Heart functions change. The heart pumps less efficiently, muscles become weak and thin. Heart rhythms many change. Blood pressure levels fall.

GI function can become abnormal. Diarrhea occurs as the lining of the digestive tract slow.

High levels of Vitamin A and Carotene in the blood.

Reduced levels of Protein.

An increase in fine body hair, skin dryness and decreased skin temperatures.

Brain activity becomes abnormal. Loss of sleep and feeling of never having enough rest.

Anorexia Nervosa is hard to diagnose, because almost everyone in our society is in pursuing thinness. Denial and deception are common place for young women with Anorexia, therefore it takes a skilled professional to diagnose Anorexia.

Bulimia

Bulimia occurs in women of all ages, but is more common among those under 30. Bulimia is more

## Eating Disorders: Anorexia and Bulimia

common than Anorexia and in males. Only a small percentage of people who are Bulimic show signs of Anorexia.

### Case Study:

Carry is a woman in her late twenties, she maintains a normal weight range and obsesses about food. She starves herself then binges, when she has eaten too much she vomits.

Carry, like 60% of people with Bulimia, starts to binge after a period of extreme dieting. The most popular binge foods are food that are high in sugar and fat, and are easy to eat in large amounts. (cookies, cakes, ice cream, and bread products)

The side effects of the binge eating are swollen hands and feet, bloating, fatigue, headaches, nausea and pain.

### Physical Dangers:

Fluid and Electrolyte imbalances.

Abnormal Heart rhythms

Kidney dysfunction which can cause bladder infections and kidney failure.

Irritation to the pharynx, esophagus, and salivary glands.

Erosion of teeth and dental caries.

Use of laxatives can cause injury to the intestinal tract.

Bulimia has been described as a socially approved method of weight control. Practiced among women in the upper-classes because of social obligations which include many dinners and parties.

Both Anorexia and Bulimia are socially generated eating disorders generated by our need for the "perfect image", resulting in self-destructive eating patterns.

Listen to your Body, it is Wiser than you Think. Respect your own unique traits and Diet sensibly.

### Resources:

WebMD

<http://my.webmd.com>

Eating Disorder Treatment and Helpline

<http://edhelpline.com>

National Eating Disorders Association  
<http://www.nationaleatingdisorders.org>

Anorexia and Bulimia Care  
<http://www.anorexiabulimiacare.co.uk>

Written by Tina M. Rideout, For more information about Health and Fitness visit:  
<http://clean-living-nutritional-supplements.com>

### **Hypnosis For Eating Disorders?**

**By Carl Graeber**

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.

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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.

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

and

– end

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



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