

Obesity & it's relationship to Anoraxia, Bulimia and other eating disorders.

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By Mahesh Bhat

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Obesity is a disease that affects approximately 60 million people in the United States, and women are especially affected. Over one-third of women between the ages of 20 and 74 are obese, the majority of them being African American or Mexican American. With more and more pre-packaged food and less and less activity, the number of obese people in America has steadily increased since the 1960's.

But what is obesity? Many people think obesity means that a person is overweight, but that's not exactly true. An overweight person has a surplus amount of weight that includes muscle, bone, fat, and water. An obese person has a surplus of body fat. Most health professionals concur that a man is obese if he has over 25 percent body fat, and a woman is obese if she has over 30 percent. Women physiologically have more body fat than men, so that why there's a difference in percentage.

It is difficult to determine the exact percentage of body fat a person has, but estimates can be made in a number of ways. First, using a tweezer-like tool called a caliper, you can measure the thickness of skin folds on different points of your body and compare the results with standardized numbers. You can also use a small device that sends a harmless electrical current through your body and measures your body fat percentage. The most commonly used method to determine if a person is obese is to look at his/her Body Mass Index (BMI). A person with a BMI over 30 is considered to be obese, and a BMI over 40 is considered to be severely obese. It's important to remember though that BMI could be misleading in pregnant or lactating women and in muscular individuals.

With obesity, comes the increased risk of diseases such as high blood pressure, Type II Diabetes, heart disease, and breast, colon, and prostate cancer. In addition, obesity has been linked to mental health conditions such as depression or feelings of shame and low self-esteem. Health experts say that even losing 10 to 15 percent of your body weight can dramatically decrease the risk of developing these serious conditions. In addition, many obese people are discriminated against and targets of insults and other verbal abuse.

A number of factors, such as poor diet, lack of physical activity, genetics, and certain medical disorders, cause obesity, but it can be conquered. The following information seeks to educate about

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obesity and the methods used to treat it. It does not take the place of a physician.

Obesity and its Relationship to:

Anorexia, Bulimia, and Other Special Eating Disorders

Obesity itself is not an eating disorder, but people who are obese or who fear becoming obese may develop one. Let's take a look at obesity and its relationship to special eating disorders.

Binge Eating Disorder – The most common eating disorder is binge eating disorder. Approximately 4 million Americans have this disorder. Binge eating disorder is more than just occasionally overeating. It is characterized by eating uncontrollably, quickly eating an unusually large amount of food at one sitting, even when the person is not hungry, and eating in secret because the person is embarrassed

about the amount of food he/she eats.

More women than men have binge eating disorder, and most of the people who have it are overweight or obese. Binge eaters eat mostly sugar and fat, and as a result, they may be lacking certain vitamins and nutrients. Many of them are also depressed. Treatments for this disorder include therapy and medications such as antidepressants.

Bulimia Nervosa – Binge eating is also present in another eating disorder, bulimia nervosa. It is estimated that 1.1 to 4.2 percent of females will have bulimia nervosa in their lifetime. Bulimics are caught in a binge/purge cycle. They binge eat, usually in secret, then purge to get rid of the calories just eaten. Purging may involve either self-induced vomiting after eating or using laxatives, diuretics, or enemas. People with bulimia may also exercise intensely for long periods of time in attempt to burn off the extra calories taken in during binge eating, or they may go for long periods of time without eating. Many bulimics do a combination or all of these things.

Bulimia affects more women than men and more young women in their teens and twenties than older women. These women are usually obsessed with their weight and truly believe that they are overweight even though most have a normal body weight. It can cause a number of serious health effects, including anemia, dehydration, heart problems, ruptured esophagus, stomach ulcers, and even death. Like binge eating disorder, bulimia is treated with therapy and medications.

Anorexia Nervosa – On the opposite side of binge eating is anorexia nervosa. It affects around 1 to 2 percent of the female population. Anorexia is characterized by self-starvation and obsession with food, weight, and appearance, weight loss of 15% or more below the normal body weight, and an intense fear of being fat. Many of them look emaciated, but they're convinced they are fat.

Because anorexics literally starve themselves, their bodies are severely depleted of nutrients. As a result, they develop muscular atrophy, dehydration, low blood pressure, and brain and organ damage to name a few. As many as 10 percent of anorexics die. Most anorexics deny they have a problem until the problem gets so bad that they have to be hospitalized. Because anorexia is so life-threatening, the first stage of treatment is getting body weight back to normal. Once this is on track, therapy and medications are used.

Eating disorders are serious disorders and should not be taken lightly. If you suspect you have one or think someone you love does, please seek help. It could be a matter of life and death.

Mahesh Bhat is Web Master of <http://info-diet.com> a Wellness Community site that provides information on Diet Pills Visit the site to learn all about obesity & free weight loss tips! This article may be freely distributed electronically or in print as long as the Author bio is unchanged.

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.

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

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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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