

Anorexia nervosa, binge eating disorder, bulimia nervosa, and pica are a few of the many eating disorders known today. Eating disorders are not to be taken lightly and can be life threatening. Both emotional and physical consequences are involved especially, if treatment and counseling are not administered quickly.

Most have heard of the condition Anorexia nervosa. This disorder occurs when food intake is inadequate and leads to a body weight that is too low. The individual has an intense fear of weight gain and an obsession with his/her weight. Typically, sufferers of anorexia nervosa do not take this condition seriously and his/her self-esteem is overly related to body image.

Bulimia nervosa is another term that many may be familiar with. This disorder is defined by frequent episodes of consuming large amounts of food followed by behaviors to prevent weight gain, such as self-induced vomiting. Again, body image plays a huge role in self-esteem with this condition as well. According to NEDA, approximately 80% of bulimia nervosa patients are female and many who struggle with bulimia nervosa do realize that their behaviors are dangerous to their health.

There are also eating disorders that exist that do not result in weight loss. Binge eating disorder is defined by NEDA as frequent episodes of consuming very large amounts of food but without behaviors to prevent weight gain. Pica is the persistent eating of non-food items when it is not a part of cultural or social norms. Night eating syndrome is excessive nighttime food consumption.

There are many different types of eating disorders however; they all have one thing in common. There are serious emotional and psychological problems behind all of these disorders. If you have concerns about your eating and exercise habits and your thoughts concerning body image, you should see your doctor immediately. He/she may decide that you need to see an expert in eating disorders. Remember, eating disorders are not to be taken lightly as they are often symptoms of underlying psychological and emotional suffering.