

Eating Disorder or Diet?

Having an Eating Disorder is much more than just being on a diet. An Eating Disorder is an illness that permeates all aspects of each sufferer's life, is caused by a variety of emotional factors and influences, and has profound effects on the people suffering and their loved ones.

Anorexia Nervosa

The person suffering with Anorexia may be abnormally sensitive about being perceived as fat, or have a massive fear of becoming fat -- though not all people living with Anorexia have this fear. They may be afraid of losing control over the amount of food they eat, accompanied by the desire to control their emotions and reactions to their emotions.

Bulimia Nervosa

Men and women who live with Bulimia seek out binge and purge episodes -- they will eat a large quantity of food in a relatively short period of time and then use behaviors such as taking laxatives or self-induced vomiting -- because they feel overwhelmed in coping with their emotions, or in order to punish themselves for something they feel they should unrealistically blame themselves for.

Compulsive Overeating

People suffering with Compulsive Overeating have what is characterized as an "addiction" to food, using food and eating as a way to hide from their emotions, to fill a void they feel inside, and to cope with daily stresses and problems in their lives.

Binge Eating Disorder

Men and Women living with Binge Eating Disorder suffer a combination of symptoms similar to those of Compulsive Overeaters and Bulimia. Reasons for Binge Eating can be similar to those of Compulsive Overeating; Using Binges as a way to hide from their emotions, to fill a void they feel inside, and to cope with daily stresses and problems in their lives.