

Introduction Ode to Anorexia Anorexia nervosa is an abnormal eating illness Where the affected person thinks she had fat in excess Then try to lose weight by cutting the food out Or take laxatives, diuretics or take a starving route Many patients with anorexia have an abnormally low weight They dare not eat much for fear that eating will make them over inflated Anorexia affects mostly women who has a distorted view in their shape They will over exercise to try to lose their weight There is a fear of meal time with family, food and eating Feelings of poor esteem and obsession about being thin There is lying about food eaten and throwing away of food There may be depression and changes in the person's mood Malnutrition gives rise to giddiness and headache There is constant monitoring of size and weight Treatment is by medications and psychotherapy Most cases of mild anorexia will result in recovery -An original poem by Kenneth Kee Interesting Tips about the Bulimia A Healthy Lifestyle 1. Take a well Balanced Diet 2. Treatment of anorexia nervosa: Psychotherapy: a. The patient must acknowledge that she or he has an eating problem which needs to be treated b. Counseling by psychologist or psychiatrist can help by: Removes negative thoughts about body size Provide positive thoughts about a healthy body and mind Help to deal with stress, family relationships, emotional upsets Stay away from friends who advocate bad eating habits Medical treatment: a. Hospitalization and forced feeding in severe cases b. Correction of nutrition and metabolic deficiency A nutritionist will help teach healthy food habits and a proper meal plan to gain a healthy weight c. Use of antidepressant and serotonin blockers may reduce low self esteem and depression 3. Keep bones and body strong Bone marrow produces our blood Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits Zinc and other minerals are important to the body 4. Get enough rest and Sleep Avoid stress and tension 5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2? hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active. 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around them Chapter 1 Anorexia Nervosa Some celebrities with anorexia nervosa were Mary Carpenter who literally starves herself to death and Princess Diana. Some of my female patients have the same medical conditions because they think they are too fat where as their body weights were normal. Some of them come to me asking for slimming pills and the best way to lose weight through dieting. All of them were asked to see a psychiatrist when their BMI were found to be normal or even lower than normal Anorexia nervosa is an eating disorder that makes people lose more weight than is considered healthy for their age and height. Persons with this disorder may have an intense fear of weight gain, even when they are underweight. They may diet or exercise too much or use other ways to lose weight. It is a psychological problem TABLE OF CONTENT Introduction Chapter 1 Anorexia Nervosa Chapter 2 More Facts of Anorexia Nervosa Chapter 3 Treatment

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