



## Eating disorders

Newsletter February 2016



Benefit from February Offer

**HALA 9E7A**



Next Detox Plan starts on the 7<sup>th</sup> of February

## Eating disorders

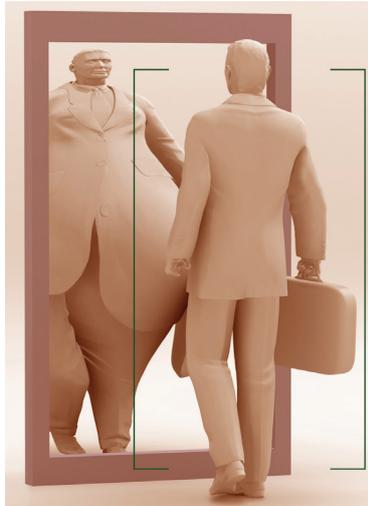
are serious life-threatening conditions that affect a person's emotional and physical health.

People do not just "catch" an eating disorder for a period of time. They are real, complex and devastating conditions that can have serious consequences for health, productivity, and relationships.

### Health Consequences of Anorexia Nervosa

In anorexia nervosa's cycle of self-starvation, the body is denying the essential nutrients it needs to function normally. Thus, the body is forced to slow down all of its processes to conserve energy, resulting in serious medical consequences:

- 1 Abnormally slow heart rate and low blood pressure.
- 2 Reduction of bone density (osteoporosis), which results in dry, brittle bones.
- 3 Muscle loss and weakness.
- 4 Severe dehydration, which can result in kidney failure.



- 5 Fainting, fatigue, and overall weakness.
- 6 Dry hair and skin; hair loss is common.
- 7 Growth of a downy layer of hair called lanugo all over the body, including the face, in an effort to keep the body warm.

### Health Consequences of Binge Eating Disorder

Binge eating disorder often results in many of the same health risks associated with obesity. Some of the potential health consequences of binge eating disorder include:

- 1 High blood pressure.
- 2 High cholesterol levels.
- 3 Type II diabetes mellitus.



- 4 Gallbladder disease.
- 5 Heart disease as a result of elevated triglyceride levels.

## Health Consequences of Bulimia Nervosa

A bulimic person has the physical appearance of a healthy-weight person. The recurrent binge-and-purge cycles of bulimia can affect the entire digestive system and can lead to electrolyte and chemical imbalances that affect the heart and other major organ functions.

Some of the health consequences of bulimia nervosa include:

1 Electrolyte imbalance caused by dehydration and loss of potassium, sodium and chloride from the body as a result of purging behaviors, what leads to irregular heartbeats and possibly heart failure and death.

2 Potential for gastric rupture during periods of bingeing.

3 Inflammation and possible rupture of the esophagus from frequent vomiting.



4 Tooth decay and staining from stomach acids released during frequent vomiting.

5 Peptic ulcers and pancreatitis.

6 Chronic irregular bowel movements and constipation as a result of laxative abuse.

**People struggling with an eating disorder need to seek professional help from a doctor and a dietitian. The earlier a person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery.**

1 Diets high in fruits and non-starchy vegetables, such as broccoli, spinach, and beans, may help protect against stomach and esophageal cancer.

3 Drink plenty of water because water is also essential for fighting cancer. It stimulates the immune system, removes waste and toxins, and transports nutrients to all of your organs.

5 Tea contains compounds called catechins, compounds that may help stop the growth of cancer cells and prevent cellular mutations that contribute to cancer development. Regular tea drinkers have also been shown to be at reduced

6 A daily serving of processed meat increases your risk of colorectal cancer, whereas eating soy foods such as tofu or edamame can help reduce your risk of breast cancer.

2 Fruits and vegetables are a good source of many important nutrients such as vitamin A, E and folate, carotenoids, selenium and flavonoids. These nutrients reduce the risk to develop cancer.

4 Excess salt intake could increase cancer risk by damaging the stomach lining, which causes inflammation, or by making the stomach lining more sensitive to cancer-causing chemicals.

risk for colon, breast, ovarian, prostate, and lung cancers. All types of tea — green, black and white — seem to have value as cancer preventive agents, so regularly drink tea and enjoy a variety of flavors to reap all the benefits!



**More STOP CANCER  
tips on  
[eathealthyq8.com](http://eathealthyq8.com)**