

Title:

Bulimia Eating Disorder

Word Count:

549

Summary:

The main characteristic of Bulimia is an extreme preoccupation with food and weight, causing o

Keywords:

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Article Body:

The main characteristic of Bulimia is an extreme preoccupation with food and weight, causing o

A deep sense of guilt and shame follows overeating. Bulimia sufferers will then indulge themse

Self-Induced Vomiting

Misuse of Laxatives

Misuse of Fluid Pills

Misuse of Diet Pills

Misuse of Enemas

Intense periods of Exercise

Strict dieting or fasting

Family members or friends may not notice anything wrong as people with Bulimia are usually wit

People with Bulimia may also have a distorted body image, even if their body weight is normal.

The following are more noticeable signs that someone may be suffering from Bulimia

Avoidance of social situations involving food.

Excessive Dieting or overeating

Excessive or fluctuating exercise patterns.

Faintness, dizziness or fatigue.

Fear of becoming overweight.

Regular trips to the bathroom after meals may be to regurgitate the food just eaten?

Depression anxiety

Psychological problems and distress.

Some people exhibit many signs of an Eating Disorder, while others may exhibit only a few.

People with eating disorders may experience a range of physical health complications, includin

Eating Disorders can be highly complex, requiring a comprehensive treatment strategy that invo

The primary aim in the treatment of Bulimia sufferers is to reduce or eliminate binge eating a

In addition, establishing a regular pattern of non-binge meals, and improving eating attitudes

A range of individual psychotherapies, such as cognitive-behavioral or interpersonal psychothe

It is estimated that 1.1% to 4.2% of females living in Western Society will suffer from some f

What causes Eating Disorders?

The causes of Eating Disorders can be highly complex, and include a range of factors, such as

Social / cultural factors

Psychological factors

Biological factors
Family factors
External or precipitating factors

Prevention

It is very difficult to prevent eating disorders however ensuring that your family is emotional

Read more about `Bulimia Eating Disorders` at http://www.nichecontentcentral.com/Disorder_Eat

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