**Eating Disorder**

Eating disorder is a severe condition where one overdoes themselves into eating resulting in affecting their health, their mental state and not being active in their everyday life. Individuals possessing eating disorders tend to growm into being obsessed with food and their weight. Some important and most common types on eating disorders are: binge-eating disorder, anorexia nervosa and bulimia nervosa. (Staff, 2019)

Researchers have found that people with anorexia nervosa and bulimia nervosa are obsessed about being the perfect ones and making everything in their life perfect. They feel bad about how they really are and criticize about themselves every day. They, for the most part, "feel fat" and consider themselves to be overweight, at times even regardless of hazardous semi-starvation (or lack of healthy sustenance). In the initial stage of these disorders, the patient usually goes in denial and keep telling themselves and everyone that they are fine (Parekh, 2017). The only difference between anorexia nervosa and bulimia nervosa is that in bulimia nervosa, one can compensate for the over-eating with forced vomiting, extreme and needless exercise and extreme use of weight loss pills. In Binger-eating, you consistently eat a lot of food (gorge) and feel an absence of authority over your eating. You may eat rapidly or eat more nourishment than planned, notwithstanding when you're not eager, and you may keep eating even long after you're awkwardly full. After consuming a lot of food, they start feeling guilty and ashamed they action and how much they have eaten over the past few hours. However, this guilt does not bring any change in their behavior. They keep on binge-eating but because of the embarrassment they feel, they continue their binge eating routine alone. This behavior mostly happens once a week.

Eating Disorders are obscure disorders that are caused by many factors. The cause to these disorders can be biological (hormone issues, iron and nutritional deficiencies), psychological (low self-esteem, depression) or environmental (any external activity like family issues, career issues, Tastefully arranged games, where strong focus is set on keeping up a fit body for improved execution) disruption but the cause is always unknown. A dietary problem can be hard to oversee or overwhelmed independent from anyone else. Dietary issues can essentially assume control over your life. In case you're encountering any of these issues, or in the event that you figure you may have a dietary issue, look for therapeutic assistance. Females are more probable than males to have anorexia or bulimia. Despite the fact that dietary problems can happen over an expansive age go, they regularly create in the youngsters and mid-20s. In the United States, 20 million ladies and 10 million men experience the ill effects of a clinically noteworthy dietary issue sooner or later in their life, including anorexia nervosa, bulimia nervosa, pigging out confusion or (EDNOS is currently perceived as OSFED, other determined nourishing or dietary issue, per the DSM-5).

However, convincing a person to get back to their normal weight or for a period of time ending the binge-eating routine does not help with the mental issues that have raised during the abnormal eating routine. Psychotherapy helps people with dietary issues to comprehend the considerations, feelings and practices that trigger these scatters. Moreover, a few drugs have likewise demonstrated to be compelling in the treatment procedure. Beside the restorative difficulties related with dietary problems, they convey a fundamentally raised death rate. In one investigationpeople with anorexia nervosa had a six-overlay increase in mortality stood out from the comprehensive network. Clarifications behind death join starvation, substance abuse and suicide. Basically, the makers found an extended pace of death from 'ordinary' causes, for instance, danger. A consequent report found that the raised mortality perils for bulimia nervosa and dietary issue not by and large demonstrated (by and by saw as OSFED, other decided continuing or dietary issue) resembled those for anorexia nervosa. (Eating Disorders, n.d.)

It is very important that eating disorders must be treated. In one of the studies, it has been found that 13% of the adults with this particular disorder do not go through treatment. Treatment plans are utilized in keeping an eye on the various stresses a man or woman may look in the recovery of their prosperity and flourishing and are regularly modified to address individual issues. Treatment for an ED is typically included in any event one of the going with and tended to with therapeutic experts, nutritionists, and consultants for complete thought:

1. Medical Treatment: You must get all the medical help you can to save yourselves from this disorder..
2. Nutrition: Involves weight restoration and stabilization, guidance for normal [devouring](https://www.thesaurus.com/browse/devouring) and the integration of meal plan.
3. Therapy: Different kinds of psychotherapy, for instance, individual, family, or social affair, can be helpful in watching out for the essential explanations behind dietary issues. Treatment is a noteworthy piece of treatment since it deals with an individual in recovery the opportunity to address and retouch from terrible life events and adapt increasingly valuable adjusting aptitudes and systems for conveying sentiments, bestowing and keeping up strong associations.

One of my cousins, a few years back, was bullied in school because of her over weight. The children in her school will taunt her and would call her “Miss Bobble”. Eating was one of her favorite things to do but because of the children in her school and the mean trick they would play on her, she got depression and became aggressive. Little did we know that she had bulimia nervosa. She would sit normally in the dining room for dinner with her parents but as soon as she was done with dinner, she would rush to the washroom and vomit out all of her dinner. This continued for further two weeks when she, one day, got caught doing this by her little sister. She was immediately treated for this disorder as she became so weak that we could see her bones and also, she was not functioning well. This incident was caused due to depression caused by her over weight and the bully she received from her school mates.

# References

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