

Effects of eating disorders

[Linguistics](#), [English](#)



Effects of Eating Disorders Back ground Eating disorder, being a condition developed as a result eating habits, which are far from normal and mostly not need driven but enforced by diverse reasons are problems that started in time immemorial. More often, these are driven by social, psychological, environmental, religious and physical reasons or even needs which are personal or societal initiated or driven.

Effects

1. Anorexia

This is the condition where the victim develops fear or resentment to food due to fear of gaining weight or even becoming fat. This condition has very diverse effects as the food elements required by the body for the normal body function become essentially deficient. This leads to lack of the necessary food elements required for brain development, proper blood circulation, and white blood cells production among others.

Anorexia is usually caused by, (a) societal demands, where people in the society uphold some values like being thin or light in weight is good. (b) Fear of developing diseases or conditions associated with overweight like high blood pressure or even development of piles.(Painful growth with sores around the anus). (c) Social aspects like some particular types of games that require one to be of light weight. (d) Genetic associated like where most family members are overweight and one wants to deviate from his/her family condition which is problematic. This may even cause social or societal disorientation, loss of family or cause stress.

2. Bulimia

This is the disorder whereby the victim usually have a lot of appetite and is

generally a heavy and frequent eater though at the same time is afraid of gaining weight. The victim ends up using other means of getting rid of the eaten food from the body by forcing vomit or even doing extraneous body exercises. This develops into psycho social disorders like low self esteem, personal self diffidence, and risk of bacteria contamination while purging using dirty fingers.

Bulimia also quite often causes victims to suffer from malnutrition when they practice purging, or other forms of forced vomiting putting personal health into risk.

3. Hunger Strike

Hunger strike being a very old disorder and/or practice is where the subject person deliberately avoid food, especially solid food. This is practiced for diverse reasons, like political protests and religious practices.

Hunger strike practically leads to lack of essential food elements in the body. Some of the elements in the solid food are energy giving food whose deficiency will lead to dizziness, adverse loss of weight and even failure to heal in case of damaged tissues as the body will not have the essential food to repair tissues.

Lack of food for a long period leads to a lot of acidity in stomach, which burns the internal tissues causing problems like stomach ulcers which if not treated leads to profuse bleeding and eventually death of the victim.

Prolonged hunger strike can lead to unconsciousness and even death if the victim is not noticed in good time for rescue.