

**LET NOT STAY QUIET, LET
RAISE AWARENESS**

**Body
Image &
Eating
Disorder
Awareness**

Eating Disorders

This pitch for a book is about raising awareness surrounding the meaning of eating disorders specifically Bulimia Nervosa, its prevalence, effects and treatment.

CHAPTER ONE WHAT DOES EATING DISORDERS MEAN?

Eating disorders are psychological illnesses defined by significant and persistent disruptions in eating behaviours, as well as unpleasant feelings and thoughts. They can be immensely important disorders that affect cognitive physiological, mental, and interpersonal function suggested by What Are Eating Disorders? (2021).



CHAPTER TWO BULIMIA NERVOSA

Bulimia nervosa is an eating disorder that can be described as destructive pattern of eating and purging to control weight. To get rid of calories and prevent weight gain, people with bulimia may use different methods. For example, individuals may regularly self-induce vomiting or misuse laxatives, weight-loss supplements, diuretics or enemas after bingeing (mayoclinic.org, 2018)

CHAPTER THREE SIGNS AND SYMPTOMS



When a person has bulimia they are eating in secret, being sick, binge eating as a result of that have puffy cheeks, feeling faint, throat swelling. A person may have a cycle of stress and anxiety reported by NHS, (2021).

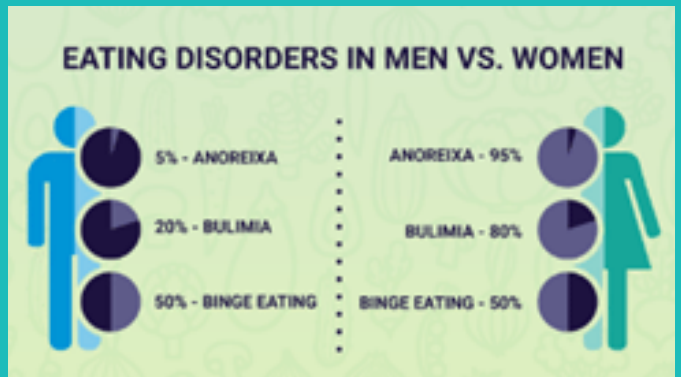
CHAPTER FOUR MISCONCEPTION ABOUT EATING DISORDERS

- Eating disorders are a choice.
- I just need to tell my loved one to snap out of it.
- Only women suffer from eating disorders
- Strict rules about eating or fad diets aren't a problem.
- My child is too young to develop an eating disorder (Eating Disorder Myths, 2019).



CHAPTER FIVE PREVALENCE OF BULIMIA

Bulimia is the most prevalent eating disorder in teenage women compared to men, is characterised by repeated of emotional eating followed by vomiting, abdominal discomfort, laxative consumption, or sleeping suggested by Herzog, (1982).



(Eating Disorders Facts and Statistics, 2021)



CHAPTER SIX MEDICAL COMPLICATIONS



**PSEUDO-BARTTER'S SYNDROME
GASTROINTESTINAL COMPLICATIONS
ORAL COMPLICATIONS
ELECTROLYTE COMPLICATIONS ((MEHLER, 2010).**

Chapter Seven Social life and relationships

Bulimia leads to social isolation because of the shame, guilt and secrecy associated with it. The general quality of social life and personal relationships may be unsatisfactory. bulimia nervosa can create stress and disputes with partners over food disappearing, the financial burden of bingeing, and the sufferer's seeming incapacity to participate in regular activities. When the patient refuses to change, his/her family or spouse may feel frustrated and judgmental (Wells, Todd and Cooper, 2000a).

CHAPTER EIGHT PSYCHOLOGICAL EFFECTS

Lock, Grange (2015) suggest that an eating disordered child's eating is typically connected with guilt, worry and frustration on the one hand. It is related with a sense of success, power and strength if one does not eat at all. Increased weight reduction has the paradoxical effect of making it simpler to maintain a rigorous diet.

CHAPTER NINE TREATMENT AND THERAPIES

**COGNITIVE BEHAVIOUR THERAPY IS VERY BENEFICIAL FOR BULIMIA (WILSON, FAIRBURN AND AGRAS, 1997).
RESEARCHERS AND PHYSICIANS IN THE DOMAIN OF EATING DISORDERS RECENTLY INTRODUCED CBT, WHICH HAS ALREADY BENEFITED MANY INDIVIDUALS. SELF-HELP CAN INDEED HELP INDIVIDUALS OVERCOME THEIR DIFFICULTIES. IN THE PROCESS OF CONTINUOUS THERAPY, INDIVIDUALS LEARN HOW TO APPLY COGNITIVE THERAPY TECHNIQUES TO OVERCOME THEIR DISORDER (WELLS, TODD AND COOPER, 2000B).**

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