**EATING DISORDERS**

Anorexia Nervosa and Bulimia Nervosa are both very serious eating disorders. Unhealthy weight management and binge-eating are ways that eating disorders begin. People with these disorders struggle with fantasies, motives or anxieties that are largely influenced by the culture they are living in. Many have a distorted view of their own body and have negative thoughts about weight.

**KNOWING THE WARNING SIGNS**

- Extreme concern over body and weight
- Going to bathroom directly after meals
- Rapid, unexplained weight changes
- Making excuses to avoid eating
- Eating alone or in secret
- Constant dieting

**Causes of Eating Disorders**

- **CULTURE**
  - the pressure to be thin from the photo-shopped models or actors in advertisements, internet, movies and TV.

- **BIOLOGY**
  - genes, hormones and brain chemicals which may influence eating disorders.

- **PERSONAL CHARACTERISTICS**
  - low self esteem, body image problems, substance abuse, depression or anxiety

**GETTING HELP**

Talking with friends and family is a good way to start. Eating Disorders are complex and potentially life threatening. Meeting with a professional counselor is also an extremely important part of getting better.

**Browse the web!**

Check out body image websites that have real life stories from people just like you.

*Here are a few to start with:*

- Loveyourbody.org
- Proud2bme.org
- Thebodypositive.org