



DOROTA SAWICKA

**ANOREXIA.
BULIMIA.
INNER COMPULSION TO OVER-EAT.
OBESITY**

A guide for everyone

Dorota Sawicka

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INTRODUCTION

I would like to invite you on a journey through the complex world of eating disorders, which are affecting an increasing number of people around the world. Anorexia, bulimia, obesity are not only physical problems, but also psychological ones that affect a person's quality of life and health. This book serves to explore the mysteries of these disorders, their causes, their effects and their treatment and prevention.

I invite you to discover both the scientific facts about anorexia, bulimia, and obesity, as well as the subjective stories and experiences of people struggling with these difficulties. I would like to make you reflect on the influence of society, culture, and the media on the development of eating disorders, and to seek pathways to health and balance.

I would like this book not only to broaden your knowledge of anorexia, bulimia, and obesity, but also to make you change your perspective and approach to these problems. I hope that after reading this book you will be more aware, supportive, and ready to take action to combat these difficulties in a holistic and empathetic way.

I invite you to take on this intellectual and emotional challenge and immerse yourself in a topic that affects many people. This difficult but extremely important topic is waiting for your interest and involvement.

Are you ready for a journey through the land of anorexia, bulimia, and obesity?

The adventure is just beginning.

BY WAY OF INTRODUCTION

From the drive to lose weight to harmful consequences - three types of eating disorder.

Eating disorders are serious health problems affecting an increasing number of people worldwide. The three most common types of these disorders are anorexia, bulimia and eating disorders unspecified. Anorexia is characterised by extreme food restriction, leading to excessive weight loss and metabolic disorders. Bulimia is a cycle of uncontrolled overeating followed by behaviours aimed at getting rid of the calories consumed, such as vomiting or defecation after using laxatives. Indeterminate eating disorders are more complex and may include elements of both anorexia and bulimia. Regardless of the specific type, eating disorders can lead to serious health consequences, including endocrine disruption, digestive problems and even life-threatening. If an eating disorder is suspected, it is important to consult a doctor or mental health professional as soon as possible to begin appropriate treatment and support.

WEIGHT LOSS - A WIDESPREAD CONCERN IN SOCIETY

Weight loss is a phenomenon that has become a kind of national obsession in many societies. The media bombards us with idealised body images and imposes beauty standards based on a slim figure. As a result, many people become embarrassed by their appearance and, in their search for the ideal figure,

undertake strict diets, intense workouts and use various weight-loss supplements. Unfortunately, this obsession can lead to ongoing body dissatisfaction, eating disorders and health problems. It is important to understand that everybody is different, and beauty is not limited to a particular clothing size. A healthy approach to nutrition, acceptance of one's body and regular physical activity should be priorities, rather than following ideals imposed by society. It is worth remembering that health and well-being are key, not just looking in line with idealized social norms.

THE STRUCTURE OF EATING DISORDERS - WHAT ARE THE CAUSES AND WHO IS AT RISK?

The anatomy of eating disorders is complex and multidimensional, involving biological, psychological, and social factors. There are many potential causes of these disorders, and sometimes their development is the result of a combination of factors. However, there are certain risk factors and groups of people at higher risk of developing eating disorders.

Causes of eating disorders may include:

1. Biological factors: genetics play an important role in susceptibility to eating disorders.
2. Psychological factors: low self-esteem, perfectionism, abnormal body perception.
3. Social factors: social pressure, ideals of beauty imposed by the media and environment, stressful life situations.

People at particular risk of developing eating disorders are often:

1. Young women and girls: people in adolescence and early adulthood are often at risk of developing eating disorders.
2. People with a history of psychiatric disorders such as depression, anxiety, obsessive-compulsive disorder.
3. People with low self-esteem: self-doubt and dissatisfaction with one's body can increase the risk of eating disorders.

It is important to understand these potential causes and risk factors and to take preventive and interventional measures to prevent and treat eating disorders. Early recognition and intervention can help those affected by these disorders to return to a healthy relationship with food and their bodies.

POWER OVER THE SITUATION

Eating disorders are often out-of-control behaviors related to food and the body. People affected by these disorders often experience feelings of a lack of control over their lives, emotions and eating behaviors. Anorexia, bulimia, and other eating disorders can be the result of seeking control over one's body when other aspects of life seem unprovided for or unpredictable.

People with eating disorders often use food, weight control and their eating behavior as a way of coping with stress, emotions, and complex interpersonal relationships. As eating disorders worsen, those affected can increasingly lose control over their lives and behaviors, which can ultimately lead to harmful and dangerous health outcomes.

It is important to understand that eating disorders are not just about food and the body, but also deep-seated emotional and

psychological issues. People affected by these disorders need support, understanding and professional help to regain control over their lives and health. It is important to engage in therapeutic interventions, such as cognitive behavioral therapy, group therapy or family therapy, to help people with eating disorders return to a healthy relationship with food, their bodies and control over their lives.

WHAT CAUSES ME TO LOSE CONTROL?

Loss of control for people affected by eating disorders can be due to many different factors, whether biological, psychological, or social. Here are some potential reasons why people with eating disorders may lose control:

1. **A disturbed relationship with food.** People with eating disorders often have complicated and negative relationships with food. They may experience a strong belief that control over food and weight is the key to success, social acceptance, or self-esteem.
2. **Emotional disorders.** People with eating disorders often have difficulty managing their emotions. Eating (excess or restrictive) can become a tool for them to regulate their emotions and dissipate stress or anxiety.
3. **Perfectionism.** High levels of perfectionism can contribute to losing control over food and weight. People with eating disorders often strive for an ideal body and perfect eating standards, which can lead to obsessive control over their own behavior.
4. **Social pressure.** Beauty ideals promoted by the media and social pressure can also contribute to a loss of control

overeating. Constant comparison to idealised standards results in feelings of inadequacy and the need to control one's appearance.

5. **Anxiety and depressive disorders.** People with eating disorders often suffer from anxiety disorders, depression, or other mental health problems, which can contribute to losing control over their eating behaviour.

It is worth noting that losing control in the context of eating disorders is a complex phenomenon that requires specialist support, understanding and time spent in therapy and therapeutic work on negative beliefs and defence mechanisms. Getting help can help people with eating disorders regain control over their lives and health.

EATING DISORDER TREATMENT

Eating disorder treatment is a complex process that requires the involvement of multiple professionals and community support. Here are some of the main treatments for eating disorders:

1. **Psychological therapy.** Cognitive behavioural therapy (cbt) is one of the most effective approaches for treating eating disorders. By working on thoughts, emotions and behaviours related to food and the body, therapists help people with eating disorders understand their negative beliefs and habits and develop healthier coping strategies.
2. **Dietary support.** Support from dietitians who specialise in eating disorders is key to creating healthy and balanced eating habits. Dietitians can help people with eating disorders create eating plans appropriate to their needs

and educate about the role of positive eating habits for health.

3. **A mental health practitioner.** Eating disorders often require pharmacotherapy, especially when accompanied by other psychiatric disorders such as depression or anxiety. The psychiatrist can prescribe appropriate medication and monitor the patient's mental and physical state.
4. **Group therapy and family therapy.** Participation in group therapy or family therapy can be helpful in the treatment of eating disorders, enabling the sharing of experiences, social support and a better understanding of the problem by loved ones.
5. **Hospitalization.** In some cases, especially when the eating disorder is severe and the patient's health is at risk, hospitalisation may be necessary to monitor nutrition, treat possible health complications and provide complete care.

Eating disorder treatment requires an individualised approach, tailored to each person's needs and situation. It is important that people with eating disorders receive comprehensive support, covering not only the physical but also the emotional and psychosocial aspects. Long-term therapy and social support are crucial in the treatment and recovery process.

HOW CAN I HELP A PERSON WITH AN EATING DISORDER?

I can share tips on how you can support a person with an eating disorder. Here are some tips that may be helpful:

1. **Show support and empathy.** Be present for the person and listen without judging. Express understanding and support the person during difficult times.
2. **Encourage professional help.** Encourage the person to consult a doctor, therapist or nutritionist who specialises in eating disorders. Professional help can be crucial to the healing process.
3. **Support healthy eating habits.** Encourage eating regular and balanced meals and avoid comments related to weight or appearance.
4. **Be attentive to behaviour and alarm signals.** Notice changes in the person's behaviour or mood that may indicate a worsening of the eating disorder. Respond appropriately and do not underestimate the problem.
5. **Help to find social support.** Support the person to build relationships with other people who are sympathetic and supportive.
6. **Be patient and persistent.** The process of treating an eating disorder can be long and demanding. Be patient and do not expect immediate change. Your ongoing support and presence can make a huge difference to a person with an eating disorder.

Remember that every person with an eating disorder is different, so it is important to tailor your approach to their individual needs and situation. Your support and understanding can be crucial to that person's healing process.

EATING DISORDERS. APPROACHES FOR FAMILIES AND FRIENDS

When someone in your family or circle of friends is struggling with an eating disorder, there are many strategies that can help

both the person and their loved one's cope with the situation. Here are some tips that may be helpful:

1. **Education and understanding.** It is important to gain knowledge about eating disorders to better understand what the person affected is going through. The more you know about eating disorders, the easier it will be to support and help you.
2. **Communication and emotional support.** Be open and empathetic when talking to your loved one affected by an eating disorder. Show her understanding, emotional support and listen without judging.
3. **Support healthy eating habits.** Try to encourage regular and balanced meals but avoid making critical comments about appearance or weight.
4. **Seek professional help.** Encourage the person affected by the eating disorder to consult a doctor, therapist or dietician who specialises in this area. Professional help is usually necessary for the healing process.
5. **Maintain healthy boundaries.** It is important to keep an eye on your mental health and not engage in harmful behaviour or situations that may hurt you.
6. **Be patient and persistent.** The process of recovery from an eating disorder can be long and challenging. It is important to be patient, supportive and not to lose hope even in difficult times.

Remember that self-care, education, and emotional support are crucial for both the person with an eating disorder and their loved ones. By supporting each other and seeking professional help, you can move through the difficult process of recovery together.

WHAT CAN A PERSON DO TO PROTECT A LOVED ONE FROM AN EATING DISORDER?

Eating disorder prevention is key, and everyone can play a vital role in protecting a loved one from this disease. Here are some steps you can take to help prevent eating disorders in your family and friends:

1. **Promote a healthy approach to food and the body.** Promote a positive approach to eating and acceptance of your body. Avoid comments about weight, diet, or physical appearance.
2. **Educate about healthy eating.** Educate about a balanced diet, healthy eating habits and the importance of a balance between food and physical activity. Share this knowledge with your loved ones.
3. **Talk and provide emotional support.** Be available to your loved ones, listen to them and provide emotional support. Create a safe space to talk openly about emotions and difficulties.
4. **Undertake physical activity together.** Suggest physical activities together that are fun and not solely focused on burning calories. Remember that physical activity should be a pleasure and not a tool to lose weight.
5. **Self-esteem and acceptance.** Help your loved ones build self-esteem and self-acceptance. Praise them for their achievements, not just those related to physical appearance.
6. **Monitor behaviour and warning signs.** Be attentive to any changes in your loved ones' behaviour or eating habits.

If you notice any warning signs, do not underestimate them, but take appropriate action.

7. **Encourage professional help.** If you notice symptoms of an eating disorder in a loved one, encourage them to consult a doctor, psychologist or nutritionist who specialises in this area.

Remember that prevention is key, and your support and care can play an important role in protecting your loved one from an eating disorder. Be present, supportive and communicate your healthy approach to food and the body to create an environment conducive to your loved one's healthy development and well-being.

IS IT POSSIBLE TO TAKE ADDITIONAL ACTION?

There are many ways to engage even more deeply in preventing eating disorders in loved ones. Here are some additional steps that may be helpful:

1. **Raise awareness.** Attend workshops, trainings, and lectures on eating disorders to better understand the issue and be more aware of the warning signs.
2. **Promote body acceptance.** Get involved in campaigns promoting acceptance of body diversity, beauty in all shapes and sizes. Support social movements, organisations and initiatives that promote a healthy attitude towards the body.
3. **Support organizations and foundations.** Financial support or volunteering with organisations that work to

prevent and treat eating disorders can have a positive impact on those affected.

4. **Conduct educational activities.** Organise meetings, workshops or talks on healthy lifestyles, body positivity and the importance of mental wellbeing for physical health.
5. **Consult specialists.** Consult with a psychologist, therapist or nutritionist specialising in eating disorders for guidance and tools on how to effectively help people struggling with this condition.
6. **Create positive messages on social media.** If you have social media platforms, promote positive content about healthy lifestyles, body acceptance and a positive approach to food.

Remember that everyone has the potential to positively influence and support others to prevent eating disorders. Your involvement, knowledge and actions can make a significant difference in creating an environment that supports the healthy development and wellbeing of your loved ones and the community.

HOW CAN A PERSON WITH AN EATING DISORDER HELP THEMSELVES?

There are many steps a person struggling with an eating disorder can take to help themselves through the recovery process. Here are some suggestions:

1. **Seeking the help of a professional.** One key step is to consult a therapist who specialises in eating disorders. A specialist will help to identify the causes of the problems,

support in treatment and the development of healthy eating habits.

2. **Support from loved ones.** It is important to talk openly with loved ones about your difficulties and needs. Understanding and support from family and friends can be crucial to the recovery process.
3. **Seek out support groups.** Being part of a support group of people struggling with similar issues can be very helpful. Shared deep conversation and mutual support can bring relief and a sense of community.
4. **Pay attention to healthy eating and exercise habits.** Focus on healthy eating, regular physical activity and cultivating a positive attitude towards your body. Avoid extreme diets and exercise and try to take care of your physical and emotional needs.
5. **Practice relaxation techniques.** Breathing exercises, meditation, yoga or mindfulness can help reduce stress, improve mental wellbeing and better understand your emotions and needs.
6. **Responding to warning signals.** Learn to recognise body and mind signals that may indicate a worsening problem. Responding effectively to these signals in a timely manner can help you avoid an eating disorder worsening.

Remember that battling an eating disorder can be difficult, but with the right help, support and commitment to treatment, there are many chances for recovery and positive life changes. Don't hesitate to reach out for help and use the resources available to take charge of your health and wellbeing.

Contents

INTRODUCTION	4
BY WAY OF INTRODUCTION	5
CHAPTER 1	27
ANOREXIA NERVOSA	27
CHAPTER 2	50
BULIMIA NERVOSA	50
CHAPTER 3	87
THE INNER COMPULSION TO OVEREAT. COMPULSIVE OVEREATING	87
CHAPTER 4	96
OBESITY	96
CHAPTER 5	124
TREATMENT OF EATING DISORDERS	124
END NOTE	140

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