

All



About

**Bulimia!**

By: Ariella Shindelman

## What is bulimia?

Bulimia is an eating disorder that comes from a loss of control over eating habits and a pin in their mind to always stay thin.



It's pretty rare for kids under 13 to develop this disease.

## What is binge eating?

Binge eating is consuming a large type of food in a short period of time. Unfortunately, people with bulimia tend to binge in secret and then after, feel immense guilt.

But those are symptoms of the binge eating disorder. Difference is that people with bulimia will want to force themselves to vomit, which in all cases is very, very bad



Bulimia is also an extremely dangerous mental disorder. It can lead to lots of things such as :

- Long term health problems
- Depression and even suicide



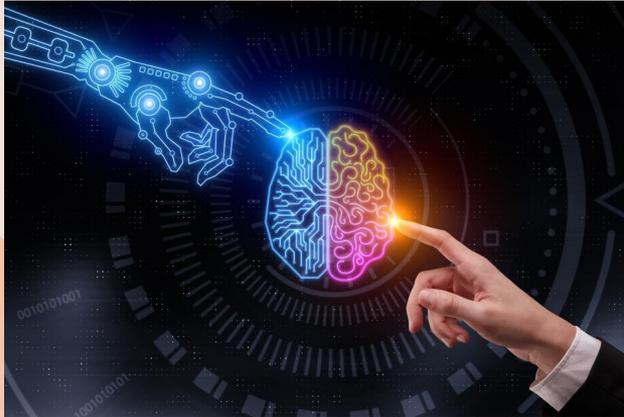
Exercise is normal right? Yes, it is , but not when you exercise compulsively. People with bulimia may exercise WAY more than they should which can lead to body injuries , dehydration and heatstroke.



The causes of bulimia are currently unknown.

There are many factors that lead to the development of eating disorders but the main 3 for bulimia are :

Biology



Emotional issues



And dieting.



When you have bulimia, you may need several types of treatment. A main one and probably the most important one is the family based treatment.

This treatment is when you talk to a family member. It's extremely important to talk to a parent because they always know how to help. If you don't tell them what's wrong and what yours going through you'll never be able to get better.



If none of the talking methods work and the kid is still either binging or purging than the parent may need to take the child to the hospital.

They may need medications from there.



To conclude, bulimia is an extremely painful and dangerous disease but talking to someone and learning about how it's dangerous is a great way to get rid of it .

