



# Eating Disorders

Disorders affect the brain and get affected by it.

The brain is the most affected by your disordered dietary habits, whether because of starving yourself for a long time, persistent vomiting, or constating eating.

For example, eating disorders affect our brains as follows:

Nerve-related conditions occur including seizures, disturbed thinking, numbness, or strange nervous sensations in the hands or feet.

Causing disorders in neurotransmitter behaviour  
(Chemicals that transmit signals from one nerve to another).

Decreased heart rate, which may lead to depriving the brain of oxygen.

Parts of the brain undergo structural changes and abnormal activity during anorexic states

A shrinking in the overall size of the brain, including both gray and white matter.

An increased risk for adolescents to develop neurological symptoms in early adulthood

Difficulty thinking, switching tasks, and setting priorities

An adverse effect on the emotional centers of the brain may lead to depression, irritability, and isolation



So, the eating disorder represents continuous eating behaviors that appear in the form of a disturbed relationship with food (either by starving oneself, continuous eating, intentional vomiting, or avoiding eating due to texture or shape...) which weakens physical and mental health.