



Anorexia nervosa

Hello, I'm a disorder controlling your brain.
I make you think of unrealistic things.

I force you to overthink your weight and worry of gaining more weight, even if it is in a normal level! Then, I start to make you ignore the risk of being underweight.

Even more than that, I convince you to chew your food for a very long time without even swallowing it. I also force you to slice it into tiny pieces. I push you to vomit and use laxatives even if you did not eat.

I like to see you obsessed with calories, monitoring your weight, and constantly looking in the mirror.

And because you are always busy with your weight and the mirror, you become isolated and ashamed of your appearance.

My symptoms may seem mild but other symptoms may expose me, Like:

- Dry skin
- Low blood pressure
- Constant lethargy
- Menopause.

They called me Anorexia nervosa.

