



The Dangers Of Dieting



Recovery Kit

Anorexia Nervosa

Binge Eating Disorder

Bulimia Nervosa

Negative Body Image

*Guidelines For Talking
About Your Eating Disorder*

The Dangers of Dieting

*Treatment For An Eating
Disorder*

*What Causes An Eating
Disorder*



- ◆ Dieting is so common among women in Western culture it is considered normative behavior.
- ◆ Dieting has been identified as the most common risk factor of eating pathology
- ◆ Girls as young as age 9 have reported to dieting

Why do people diet?

- ◆ Body dissatisfaction
- ◆ Increase health and prevent obesity
- ◆ Improve appearance
- ◆ Drive for thinness
- ◆ Belief that thinness equals success, control, and happiness

- ◆ Dieting can have cognitive, behavioral and physical effects including:
 - » Depression
 - » Anxiety
 - » Distractibility
- ◆ Increased thoughts of food and eating
 - » Decreased self-esteem
 - » Feelings of failure
- ◆ 95% of diets do NOT work!
 - » Altered metabolism due to ignoring bodily hunger cues
- ◆ This may lead to weight fluctuation.
- ◆ Particularly common in “yo-yo” dieters
 - » Decreased sex drive
 - » Physical side effects related to lack of nutrients
 - » Use of diet pills, laxatives and diuretics can adversely affect physical health