



mind MATTERS



MINU BUDHIA

NO, I AM NOT HUNGRY!

Are you in a healthy relationship with your food?

SYMPTOMS OF EDNOS

- ✦ Refusing to eat certain foods or adhering to restrictive diets
- ✦ Frequent comments about feeling "fat" or overweight
- ✦ Denying feelings of hunger
- ✦ Fear of eating in social settings
- ✦ Engaging in binge eating or purging behaviours
- ✦ Practising food rituals or skipping meals
- ✦ Stealing or hoarding food
- ✦ Drinking excessive amounts of water or using mouthwash, mints, and gum excessively
- ✦ Hiding the body with baggy clothes or exercising excessively.

Emotional symptoms:

- ✦ Low self-esteem
- ✦ Depression
- ✦ A strong need for approval
- ✦ Anxiety
- ✦ Limited motivation for relationships or activities
- ✦ Irritability
- ✦ Extreme self-criticism

Physical symptoms:

- ✦ Fluctuations in weight
- ✦ Gastrointestinal issues (stomach cramps, constipation, acid reflux)
- ✦ Menstrual irregularities and amenorrhea
- ✦ Difficulty concentrating
- ✦ Anemia
- ✦ Low thyroid and hormone levels
- ✦ Low potassium and blood cell counts
- ✦ Slow heart rate
- ✦ Dizziness and fainting
- ✦ Feeling cold constantly
- ✦ Sleep troubles
- ✦ Cuts and calluses from induced vomiting
- ✦ Dental problems (discolored teeth, enamel erosion, cavities, tooth sensitivity)
- ✦ Dry skin, brittle nails, and fine body hair
- ✦ Muscle weakness and swelling around salivary glands
- ✦ Impaired immune system

Hourglass figures, girls fainting in the gym, underweight girls, undernourished girls, girls who are overexercising... we see a population who spends the whole day sipping only green tea or flavoured water.

"Ma'am what will you have for lunch?"

"I am on intermittent fasting. So I will only eat at 1pm."

"I will have some green exotic veggies with tofu for lunch."

"I am on detox."
We hear these replies day in and day out. How good or logical are these fad diet trends?

The other day a young girl fainted in the gym while exercising. We checked her blood pressure, which was very low because she was fasting the day before. On top of that, she came on an empty stomach to the gym in the morning. Boys overexercise in order to build their body. Gym deaths are becoming common while exercising. Why?

Either it is overexercising or exercising on an empty stomach or not checking their physical fitness periodically. Our body goes into a shock while we don't realise the harm we are causing it. The body will not tell you immediately, though it may give us signals which we ignore. But one day when the

PHYSICAL SIGNS AND SYMPTOMS OF NUTRIENT DEFICIENCY

- ✦ Severe loss of muscle mass
- ✦ Listlessness, fatigue, or exhaustion
- ✦ Low blood pressure
- ✦ Light-headedness or dizziness
- ✦ Low body temperature with cold hands and feet, potentially accompanied by bloating or an upset stomach
- ✦ Dry skin
- ✦ Swollen hands and feet
- ✦ Hair loss
- ✦ Loss of menstruation or infrequent periods
- ✦ Infertility
- ✦ Insomnia
- ✦ Loss of bone density, elevating the risk of fractures
- ✦ Brittle nails
- ✦ Constipation
- ✦ Irregular or abnormal heart rhythms
- ✦ Increased facial hair
- ✦ Persistent bad breath and tooth decay in individuals who frequently induce vomiting

stored fats, muscles, etc., are consumed or damaged, then we are shaken in a bad way. Then it might be too late, or if you are lucky, you get a second chance to repair.

Have you ever thought about what these behaviours are? Exactly what are these trends? These are 'eating disorder not otherwise specified', or EDNOS. It does not fall into the exact category of anorexia, but it is anorexia not otherwise specified which goes unnoticed and is dangerous. It is the most common disorder and we fail to recognise it. It's good to eat healthy or to be living a healthy life, but only to an extent.

UNDERSTANDING EDNOS

Eating Disorder Not Otherwise Specified (EDNOS) may not have the same level of recognition as anorexia nervosa, bulimia nervosa, or binge eating disorder, but it stands as the most common eating disorder diagnosis, encompassing 32 per cent to 53 per cent of individuals with eating disorders. This inclusive category was designed to address those who didn't meet the full criteria for anorexia nervosa or bulimia nervosa but still grappled with significant eating disorders.

Symptoms: Behavioral symptoms of EDNOS involve a fixation on weight, food, calories, fat grams, dieting, and exercise. These can manifest in various ways (see Symptoms of EDNOS).

Treatment: Regardless of specific symptoms, seeking professional help for distress related to eating, exercise, body shape, and weight is crucial. Early intervention significantly impacts EDNOS recovery. Treatment recommendations are typically tailored to the eating disorder most closely resembling symptoms. For instance, if lower frequency bulimia symptoms predominate, the treatment plan aligns with therapies used for bulimia. A comprehensive treatment team should include a psychologist, psychiatrist, social worker, primary care physician, and a registered dietitian due to the mental health aspects of eating disorders.

WHAT IS BINGE EATING DISORDER?

Binge Eating Disorder (BED) is a behavioral condition marked by persistent, compulsive overeating. Those with BED consume substantial amounts of food in a short time frame and struggle to regulate what or how much they

eat. Diagnosis typically occurs when these binge episodes happen weekly for at least three months, without subsequent purging or the use of laxatives, as seen in bulimia. The disorder causes significant distress in the individual's life.

While BED can affect individuals with average body weight, it's more prevalent among those with obesity, especially severe obesity. On average, the disorder first emerges around the age of 25 and is more common in younger and middle-aged individuals.

BINGE EATING DISORDER VS BULIMIA NERVOSA

Unlike individuals with bulimia nervosa, who attempt to prevent weight gain through vomiting,

SYMPTOMS OF BINGE EATING DISORDER

- ✦ Consuming more food than typical within a limited period (one to two hours)
- ✦ Feeling compelled or experiencing a lack of control during eating
- ✦ Distress and/or self-loathing related to binge eating
- ✦ Eating beyond the point of satisfaction to discomfort
- ✦ Eating rapidly without awareness of quantity or sensation
- ✦ Consuming large amounts when not hungry or shortly after a meal
- ✦ Using food as a response to emotional stress (emotional eating)
- ✦ Eating in solitude, secretly, and avoiding social eating
- ✦ Structuring one's schedule around binge eating sessions
- ✦ Hoarding and hiding food for later consumption
- ✦ Concealing eating habits due to embarrassment
- ✦ Persistent preoccupation with food and specific cravings
- ✦ Frequent dieting leading to weight fluctuations or no weight loss
- ✦ Feelings of guilt, remorse, shame, and self-esteem issues linked to binge eating

Binge Eating Disorder is a common among those who are trying to cope with other problems



A COMPREHENSIVE TREATMENT TEAM SHOULD INCLUDE A PSYCHOLOGIST, PSYCHIATRIST, SOCIAL WORKER, PRIMARY CARE PHYSICIAN, AND A REGISTERED DIETITIAN DUE TO THE MENTAL HEALTH ASPECTS OF EATING DISORDERS

MYTHS AND FACTS

Myth: Only very skinny people have eating disorders.

Fact: While being underweight is a sign of anorexia, anyone with bulimia may appear to be in the regular/slightly overweight category. Overweight/obese individuals may be suffering from bulimia or binge eating disorder.

Myth: All people with eating disorders want to be thin.

Fact: While a majority develop eating disorders trying to lose weight, there are several other issues such as depression, anxiety, loneliness and trauma that may lead to disordered eating habits.

Myth: Being thin equals being healthy.

Fact: Being healthy means your body is fit and is receiving adequate nutrition, irrespective of the number on the scale. If you are underweight or maintain the ideal weight by cutting out nutrition/extreme dieting, then you may be less healthy and less stronger than someone who is 10kg overweight but can walk up a flight of steps without getting out of breath.

Myth: Overeating can be managed by exercise.

Fact: Any good thing is good only while in moderation. While exercising is good for health, overexercising to compensate for eating too much will only cause your body harm. Why? Because you are doing double damage by pushing your gut and body beyond its limits.

Myth: People who don't lose weight are lazy or don't care about their health.

Fact: Several people have medical/ hormonal/ genetic issues that make it more difficult for them to reach their ideal healthy weight. Many of them have eating disorders and get caught in the vicious cycle of repetitive unhealthy food behaviours.

Myth: Only teenage girls and young women have eating disorders.

Fact: Anyone of any gender at any age can develop eating disorders. Perimenopausal and menopausal women often develop eating disorders. Boys and men wanting a lean look or muscular washboard abs often end up undereating and over exercising.

Myth: Medication is not required for eating disorders.

Fact: No eating disorder develops in isolation. There are usually several other factors. Based on the counsellor's opinion and the severity of the disorder, medication may be prescribed by a psychiatrist.



Eating disorders can often be traced to emotional and other causes that have nothing directly to do with nutrition

DO YOU HAVE AN EATING DISORDER?

If you're worried about whether you or someone close to you might have an eating disorder, take the following awareness quiz. Answer the questions with a 'Yes' or a 'No'.

Do you / Does your loved one:

1. "Feel" fat/fear weight gain?
2. Feel uncomfortable seeing your body (e.g., seeing yourself in the mirror, a window reflection, etc.)?
3. Regularly go 10-plus waking hours without eating to lose/maintain weight?
4. Eat in secret/feel out of control when eating?
5. Exclude whole food groups specifically to lose weight?
6. Eat and then feel guilty because of its impact on your shape/weight?
7. Eat/not eat as a means of coping with stress or difficult emotions?
8. Use medications to control

your weight (e.g., diet pills, diuretics, or laxatives)?

9. Exercise excessively to prevent weight gain / compensate for eating?
10. Intentionally vomit to compensate for eating / to prevent weight gain?

If you answered 'Yes' to more than six questions and have been experiencing these feelings / doing these behaviours daily, consecutively, for more than three months, you may have an eating disorder. Being conscious about what food and how much of it you eat is usually not a cause for concern. But when these behaviors become extreme and disrupt your everyday life, you may need help.

PLEASE NOTE: This awareness quiz cannot replace a clinical diagnosis. After taking this test, if you think that you may have an eating disorder, please reach out to your physician and/or a qualified mental health professional.

laxatives, fasting, or excessive exercise after binge eating, those with BED may occasionally employ such strategies but not as a regular part of their binge-eating behavior. Some individuals with BED are chronic dieters, trying to restrict calories before or after lapsing into binge eating. (See Symptoms of Binge Eating Disorder)

MANN BHARO, PET BHARO

- ✦ Eat local and fresh food
- ✦ Eat seasonal fruits and vegetables
- ✦ Enjoy traditional food once in a while
- ✦ Enjoy your favourite dessert too
- ✦ Don't kill your cravings for any food — moderation is the key
- ✦ If you are fond of masala chai/ filter coffee, go ahead and have it at least once a day
- ✦ In the whole day, one meal should be of your liking — our doctor prescribed this for my mom
- ✦ While travelling, enjoy the local cuisine, take care of your weight when you are back
- ✦ Taste and experience all food you are fond of — don't completely deprive yourself. Portion control is important
- ✦ In winters, I eat less of rotis and eat gound laddoo/badam halwa instead during meal times
- ✦ No supplements/health drink can replace fresh food. We need to take them when we have a deficiency — otherwise they are a complete no-no.
- ✦ Enjoy your comfort food
- ✦ Don't overexercise, your body will give you signals
- ✦ Don't exercise on an empty stomach

Pictures: istock

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