

Homework in chemistry

Chemistry Homework

Anorexia deliberate, systematic refusal of food to reduce and control the weight, leading to physical exhaustion and psychological disorders. Every year we can meet men and women suffering from anorexia. Modern fashion standards especially affect women, but, to the surprise of many, men are also subject to this disease. According to statistics, one man with anorexia accounts for four women.

The reasons for anorexia can be a lot, list some:

You live in economically developed society. All modern benefits are available to you, high social activity;

You are striving to comply with generally accepted social ideals (albeit false), which are imposed by society, the media, fashion;

Psychological injuries (emotional shocks, deprivation in early childhood, violence, violations of sexual development);

Unrealizations in life, overpriced requirements and peace, excessive modesty, indecision, understated self-esteem;

Systematic problems in the family, painful relationships with loved ones;

Nutrition of nutrition in childhood, caustic observance of diet in childhood.

Many do not recognize or try to justify their anorexia every way. It is possible if they would pay attention to some signs, it would have helped to start fighting this disease. If you notice or a loved one:

constantly think about keeping a diet;

Terribly afraid to gain extra grams;

exhaust yourself with starvation (exercise, vomit and laxatives);

Permanent psychological discomfort when eating food (in extreme cases, even just at the sight of food);

Unfinished anxiety, aggressive behavior, obsessive-compulsive manifestations.

Then perhaps you have anorexia. And perhaps you need qualified assistance.

The consequence of anorexia is not only a simple weight loss, but also:

Metabolic disease;

Incorrect operation of the endocrine system;

Disorders of the digestive system;

Weakening of immunity and the development of chronically diseases;

Psychological disorders.

Most often, the foundations of anorexia were laid in early childhood in the first year of life. And usually it is associated with a violation of the psycho-emotional contact of the child with a mother. If the mother accuses his child in various problems; The feeling of guilt itself is experiencing or tries to transfer it to his baby when feeding; breaks the child to such an extent that he becomes bad.

A person with anorexia is very difficult to recognize himself and surrounding this ailment. In psychoanalysis, the task is not to quickly save a person from anorexia, because it is only a symptom and the reason is much deeper. If you are treated only anorexia, it will be a war with a shadow. With the disappearance of one symptom, the other symptom will occur. Analyst and patient seek to understand those internal problems that pushing a person to food problems. This will emotionally survive the traumatic events of the past and get new experience in relationships with themselves and the outside world.

If there is no possibility (for various reasons) contact a specialist, then these recommendations will allow you to start on your own to fight anorexia:

try their alarm about weight and eating compensate for your favorite hobby;

Fit correctly, the diet should be aimed at improving the state of the digestive system and the general condition, and not the regulation of the weight;

Love yourself more, take care of your psychological condition and physical;

indulge yourself, look for more joy in life;

Boldly ask for help and support from your loved ones in the fight against anorexia.