The three most common eating disorders are anorexia nervosa, bulimia nervosa, and binge eating. Binge eating is the most common eating disorder that affects men and women today. There are many different reasons as to why people suffer from eating disorders. There is the sociocultural cause, psychological, and even neurochemical cause. There is also a constant pressure to be thin from friends, family, and the media.

According to highlight 8, athletes are among the most likely to develop an eating disorder. As a result of their determination and passion to their sport, female athletes may suffer from the female athlete triad. This is characterized by an eating disorder, amenorrhea, and osteoporosis. These athletes restrict their food intake in order to improve their performance. However, when they have restrictions in their diets, they tend to lose lean muscle and tissue which impairs their performance. Amenorrhea also accompanies the female athlete triad. This is when a woman does not get her period or her period stops. Amenorrhea can lead to osteoporosis which severely impacts bone health. Athletes need to eat nutrient dense foods in order to consume enough energy to perform all their physical activity.

There are also disorders that affect people besides athletes. These include anorexia nervosa, bulimia nervosa, and binge eating disorder. People who suffer from anorexia don’t see themselves as underweight. They continue to starve themselves until they’ve become so used to very little food that they feel full after very unsubstantial amounts. They are obsessed with exercise and body weight. Everything they do is revolved around food and exercise and the need to feel in control of their body weight.

Bulimia nervosa is another eating disorder. Bulimia is characterized by a person starving themselves, secretly binging and then making themselves throw up. However, unlike anorexia, bulimia disorder is not physically apparent. A person with bulimia also is preoccupied with food and weight loss.

The third eating disorder is called binge eating disorder. Binge eating occurs in people of normal weight and people who are severely overweight. These people overeat and then feel guilty about their actions afterwards.

  Bulimia nervosa is characterized by starving, secretly binging, and then vomiting. As mentioned before, bulimia in a person is not physically apparent. A person who is suffering from bulimia will secretly binge an amount of food that is bigger than most people would eat under the same circumstances and the same time. The person continues to eat because she does not feel like she has any control over the situation. After the binging episode, the person will vomit or take a laxative in order to keep themselves from gaining weight. Someone who is bulimic is usually a very anxious and dependent person. This can be seen in their preoccupation with food and body weight. Also, the food that is chosen during a binge is usually high calories, non-nutritious foods. Purging is very dangerous because if a person takes a strong laxative it can damage the lower intestinal tract. If she makes herself throw up, it could damage her esophagus, pharynx, cause erosion of the teeth, and dental caries. Someone with bulimia usually knows that her behavior isn’t normal which makes recovery a lot more likely than for someone who suffers from anorexia.