



Amiera Foundation
EMPOWERING PARENTS, SAVING LIVES

Eating Disorders:

What are they? How to recognize
them. How to avoid them.



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Topics:

- 1. What are eating disorders?*
- 2. Types of Eating Disorders*
- 3. What Causes Eating Disorders*
- 4. How Social Media Influences Eating Disorders*
- 5. Warning Signs*
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What are Eating Disorders?

- They are NOT "diets" - They are SERIOUS MENTAL DISORDERS that must be treated.
- They are NOT something the person does voluntarily
- They affect both girls & boys, children & adults
 - Majority of cases begin during teenage years in girls
- You cannot SEE them
- Kill over 10,000 people every year.

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Types of Eating Disorders

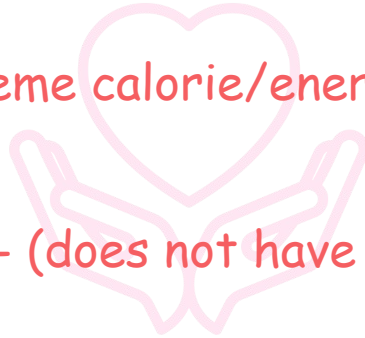
- **Anorexia**: Food RESTRICTION and/or "getting rid" of the food that is eaten: vomiting, exercising, laxatives (any/all)
 - Do not have to be "very skinny" to be anorexic
 - The most FATAL of all eating disorders AND mental illnesses (after drug abuse)
 - Affects all the body organs, but mostly the heart
- **Bulimia**: Food BINGING followed by "purging" - vomiting/laxatives, etc.
- **Orthorexia**: "Healthy eating" - almost always the start of most other eating disorders
- **Disordered Eating**: Where most of society is today :(

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What Causes Eating Disorders

- They are caused by “extreme calorie/energy deficits” to the brain
 - Excessive dieting
 - Excessive exercise
 - Not enough nutrition - (does not have to be underweight)
- Triggers - NOT CAUSES:
 - Social media: **NOTHING IS REAL**
 - Bullying
 - Trauma
 - Diet Culture



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How Social Media Influences EDs

Social Media Companies use ALGORITHMS

1. Kids decide to look for accounts to start "eating healthy"
2. The APPS detect the search and begin to FLOOD their feed, FYP, home page with things the APP wants them to see, such as:
 - a. Exercise videos
 - b. Eating disorder accounts
 - c. Dangerous challenges
3. Kids have NO way to know what is dangerous without the help of an adult
4. The more they click on the links, the more content the APP sends them
5. WHY?? The longer they are on the APPS, the more money they make!!!

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Social Media Companies KNOW

- In 2021 a Facebook (Meta) employee released confidential material to the public confirming that they had this data.
- Instagram knowingly worsens existing body image issues for 1 in 3 teenage girls
- TikTok pushes harmful content such as promoting eating disorders to young users
- Every 39 seconds, TikTok recommends videos about body image and mental health to teens
- Adolescent brains do not fully form until the age of 25

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Filters

- 61% of teens said beauty filters make them feel worse about their appearance
- 63% of teens said they use beauty filters to “look more beautiful”
- 56% of teens said they use beauty filters to “hide the characteristics they don’t like”
- Teens who use beauty filters at least weekly are 2x as interested in cosmetic surgery than those who use filters less frequently
- Almost 1 in 3 girls who use TikTok (31%), Instagram (32%), and Snapchat (28%) say they feel bad about their body at least weekly when using these platforms

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Warning Signs

- 
- Changes in eating habits
 - No longer eating specific foods: Desserts, carbs, "liquid calories", etc. etc.
 - Cutting food into small pieces
 - Eating with chopsticks, toothpicks, etc.
 - Obsession with calories, fat, etc in food
 - Skipping meals
 - Changes in mood - "lives in isolation"
 - Not interested in seeing friends
 - Being sad/depressed/angry regularly
 - Increased negative body image
 - Wearing baggy clothing
 - Changes in movement/exercise
 - Excessive exercise
 - Going up and down stairs a lot
 - Wanting to "walk" everywhere
 - Standing while eating, studying, etc
 - Changes in health
 - Excessive weight loss
 - FAILURE to gain weight in adolescence
 - Dizziness or fainting (especially upon standing)

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ANYTHING UNUSUAL - YOU KNOW YOUR CHILD BEST

Video: Eating Disorders from the Inside



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What Do You Do if You Suspect an ED

Eating disorders MUST be treated by specialists

- Do NOT think that this is “just a phase”
 - If a doctor tells you this - find someone else.
- Do NOT be “ashamed”!
- Eating disorders MUST be treated by both doctors AND parents
 - Without Family Based Treatment (FBT) children cannot fully recover
- Doctors must examine them using specific BP/HR tests - if they are not familiar with them, they are NOT familiar with EDs
- Their MEDICINE is food, therapy is secondary. You must get educated on how to “refeed” them back to health.



Questions / Discussion

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Resources

- F.E.A.S.T - Resources for Parents

<https://www.feast-ed.org/>

- My book: "A Glow-Up Gone Wrong" on Amazon

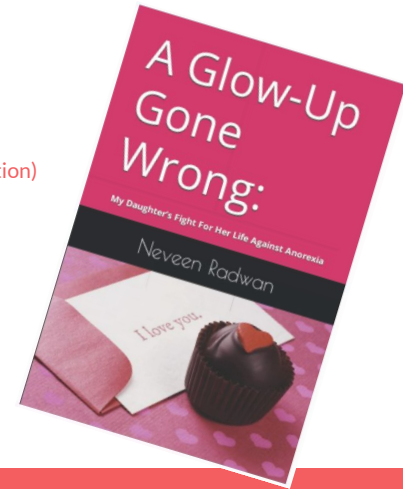
- 100% of all donations to charity

- My IG: @anorexia_no_more

- Ameera Foundation for Parent Education (still under construction)

<http://ameerafoundation.org>

I can provide many more resources!





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