Types of eating disorders:
- Anorexia
- Bulimia
- Bing Eating
- Pica

Pica
- when you eat things with no nutritional value
- most common: trichophagia, the eating of one’s hair
- most common things: clay, dirt, sand, stone, pebbles, hair, laundry starch, pencil erasers, ice, fingernails, paper, chalk, wood, plaster, lightbulbs, needles, string, cigarette butts, wire, burnt matches
- most common areas: Kenya, Southern Africa, India, Australia, Canada, Israel, Uganda, Wales, Turkey, Jamaica

Anorexia
- self imposed starvation
- DSM-diagnostic statistics manual, used to by psychiatrists, doctors
- Criteria to be diagnosed as anorexia:
  - refusal to maintain a body weight that is at or above the minimal normal weight for age and height
  - intense fear of gaining weight/becoming fat, even though you’re underweight
  - denying the seriousness of low body weight
  - distorted body image
  - female: absence of period for at least 3 menstrual cycle- Amenorrhea
  -amenorrhea=absence of period
- by the time they’re diagnosed, it’s already very hard to break the chain and help them since they’re in a very bad/serious state

Physical Indicators:
- thin appearance
- fatigue
- dizziness or fainting
- brittle nails
- hair that thins, falls out (not clumps, strands)
- lanugo: soft downy hair covering body, “fuzz” covering your body because body wants to keep you warm
- abnormal blood counts (low in potassium, iron, electrolyte)
- absence of menstruation
- constipation (lack of liquids and fiber)
- dry skin
- intolerance of cold
- dehydration
- osteoporosis: weak bones, ex: walk down stairs, fracture
- very serious/acute state

Emotional/Behavioral
- refusal to eat
- denial of hunger
- low self esteem