Nine Truths about Eating Disorders

1. Most people who do not eat in balance and appear healthy can be ill.

2. A diagnosis of an eating disorder cannot be given to someone because their family members are also affected.

3. The physical signs of eating disorders affect both the individual and their family.

4. Eating disorder is not a personal choice but a disease. While it can occur naturally, it can also be influenced by heredity and social conditions.

5. Eating disorder affects everyone, regardless of gender, age, national origin, and social and economic status.

6. Binge eating disorder is not a short-term behavior but a long-term condition.

7. The severity of eating disorder can lead to serious health problems.

8. The roots of eating disorders are not due to being raised in unhealthy environments.

9. There is no single cause of eating disorders. They are complex conditions that involve multiple factors.