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web mar 28 2023 anorexia anorexia an o rek see uh also called anorexia nervosa can be a life threatening eating disorder it includes an unhealthy low body weight intense fear of gaining weight and a view of weight and shape that is not realistic

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web jun 22 2023 it can also impact your emotional wellbeing because your underlying emotions aren t being addressed effectively in severe cases individuals may develop an eating disorder like bulimia to help them cope with stress or binge eating breaking the cycle of emotional eating can be incredibly challenging and will take time

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web may 13 2020 the key finding was that trait emotional eating moderated the emotional eating relationship in that high emotional eaters increased whereas low emotional eaters decreased their food craving ratings in the negative compared to the neutral mood condition