



# STOP EATING DISORDERS

## Anorexia, Bulimia, Binge Eating, Obesity, Orthorexia, Bigorexia, Muscle Dysmorphia, Drunkorexia, SAME DISEASE ... SAME DANGER!



- ✓ They are the first cause of death, after road accidents, among teenagers.
- ✓ In the world over 70 million suffer from them, mostly between 12 and 25 years old.
- ✓ The symptoms are increasing also among girls from 8 years old and women in menopausal age.
- ✓ More and more cases even among men.
- ✓ They are extremely severe forms of depression and they manifest themselves as a real addiction, no more and no less than drugs and alcohol, through an altered relationship with food

### FOOD IS NOT THE ENEMY TO FIGHT

The causes result from the concomitance of social, psychological and biological factors.

Among the most frequent there are: experiences of psychological and physical violence, abandons, corporeal dissatisfaction, consequences of extreme and strict dietary rules imposed by the well-being industry and beauty standards, abuses, abortion, low self-esteem, conflicts, bullying, stereotypes, forms of discrimination.

The excessive diet is one of the main causes.

### BEWARE, LOOKS CAN BE DECEIVING...PAIN HAS NO WEIGHT

- ✓ Also normal weight people can suffer from it.
- ✓ Excessive underweight and overweight, an obsessive behavior towards physical activity, are not the only evident symptoms.
- ✓ Who suffers delude themselves into thinking they have control over the disease.

### PREVENTING, INFORMING AND INTERVENING AT THE FIRST SIGNALS IS VITAL! LET'S FREE OURSELVES FROM SHAME AND FEAR OF JUDGMENT!

- ✓ Who falls ill is usually a sensible, deep, prepared, intelligent person.
- ✓ They raise up help when the disease is at an advanced state and the consequences for the health are very serious (diabetes, digestive tract illnesses, cardiovascular, metabolic, electrolyte imbalances, hormonal disfunctions, damages to fertility, oral health, high risk of suicide).

### DO NOT UNDERESTIMATE THE PROBLEM, ASK FOR HELP! HEALING IS POSSIBLE ... TOTALLY!

**THE DISEASE IS NOT A CHOICE, NOR A FAULT, NOR A WHIM.  
IT'S A SILENT AND DESPERATE CRY OF PAIN.  
IT'S HUNGER OF LOVE, TRUTH AND LIFE.**

NO TO DIY DIETS  
NO RESEARCH  
ON WEB ALONE!

YOUR DOCTOR AND  
YOUR FAMILY  
ARE PRECIOUS  
AND ESSENTIAL!



Nadia Accetti won  
Eating Disorders after 10 years

INFORMATION CAMPAIGN **LIFE MUST WIN**

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with messages of solidarity



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