Exploring scientific legitimacy of orthorexia nervosa: a newly emerging eating disorder

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Eating disorders are a range maladaptive eating behaviours characterized by highly restrictive and unhealthy food intake. Orthorexia nervosa (ON) is considered as a newly emerging eating disorder and is often considered as a variant of anorexia nervosa or bulimia nervosa. However, the validity of ON to be considered as a valid psychological eating disorder by American Psychiatric Association's (APA).

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Muestra el registro completo
Orthorexia is an obsession with healthy eating that turns a seemingly beneficial lifestyle change into a dangerous road of obsession on “pure” food consumption. Orthorexia Nervosa. A Guide to A Less Common Pattern of Disordered Eating. Article by: Christina Gregory, PhD. Jump to: Signs & Symptoms Causes & Diagnosis Treatment. Background Information. When you think of healthy eating, it conjures up ideas of balanced diets, fresh fruits and vegetables, limited processed foods, and beneficial life choices. What if I told you that for some, healthy eating is a form of eating disorder? National Eating Disorders Association. Donate. Call Helpline. There are currently no clinical treatments developed specifically for orthorexia, but many eating disorder experts treat orthorexia as a variety of anorexia and/or obsessive-compulsive disorder. Thus, treatment usually involves psychotherapy to increase the variety of foods eaten and exposure to anxiety-provoking or feared foods, as well as weight restoration as needed. Related articles. A Work-in-Progress: Living My Best #FitLife Post Eating Disorder. Orthorexia: A Deceptive Diet. 3 NEDA Writers Share What It's Like to Struggle with Orthorexia. When Does "Healthy" Eating Become... Bulimia Nervosa. Binge Eating Disorder. Orthorexia. Orthorexia nervosa /ˌɔːθəˈrɛksɪə nɜːrˈvoʊsə/ (also known as orthorexia) is a proposed eating disorder characterized by an excessive preoccupation with eating healthy food. The term was introduced in 1997 by American physician Steven Bratman, M.D. He suggested that some people's dietary restrictions intended to promote health may paradoxically lead to unhealthy consequences, such as social isolation, anxiety, loss of ability to eat in a natural, intuitive manner, reduced interest in the full range of...