

Nowadays many people are diagnosed with anorexia. What do you think the causes of this are? What can be done to improve the situation?

Losing one's regular eating habit, otherwise known as especially anorexia, is a subject which many scientists have done abundant researches on to identify its factual roots, and to propose some treatments for gradually curing the situation.

Some of them cite/mention are introduce lack of activity in our mechanized world or eating junk food between meals as plausible reasons of jaded appetite, whereas nearly all psychologists mention cite that a weak desire for food is the most common consequence of depression which has been produced from high levels of stress. They claim that intensive mental pressure can affect natural activities of human beings s like sleeping and eating habits. These specialists state sleep deprivation and weak stomach as evidences s of mind tensions and doldrums.

Whatever is the reason of this disease, whether it is sedentary jobs or irregular foods or depression, the curing process should be started immediately. In many cases, by adding some physical activities or controlling the type of food that we eat, the disease could be cured. However, when it comes to mind tensions it is absolutely necessary to consult a doctor and the fundamental causes of stress should be controlled accurately. In addition, steps of amendment might be regulated by a professional.

From my point of view, the most important reason that people should worry about in this unhealthy situation is depression. I believe that man, especially those who live in mega cities, should supervise their mental state by visiting a psychologist in specific time periods. Besides, some sports would help them to relief-relieve a portion of

their physical and spiritual stress and it will promote their body and soul health status.

In a nutshell, the unbalanced desire for ~~to~~ food could have many reasons of which ~~and~~ the most serious one is stress and the most effective solution for healing the situation is to refer to a psychologist.