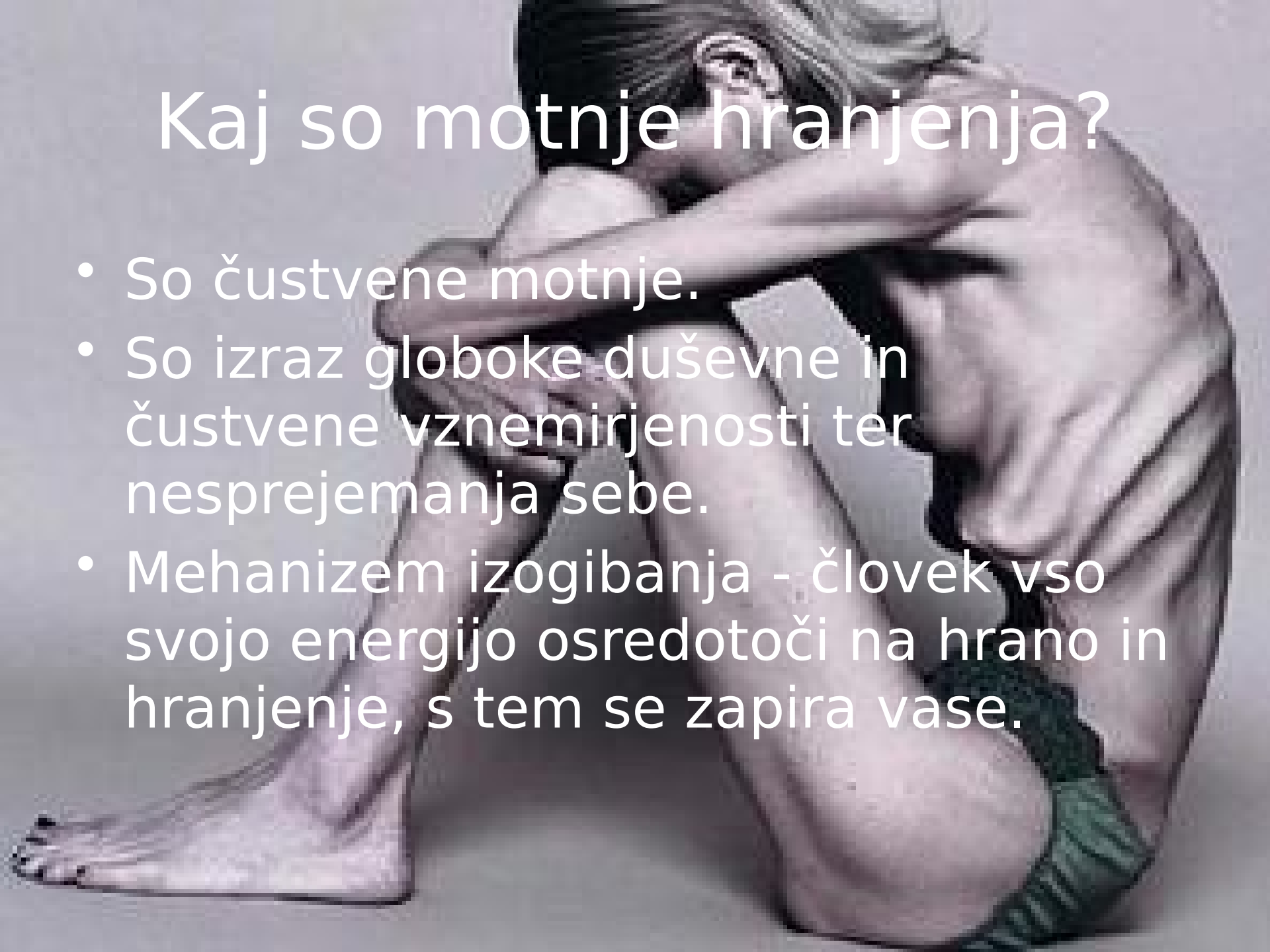


Patterns of Serotonin Activity in the Brain • Anorexia Associated with Altered Levels, Patterns of Serotonin Activity in the Brain • Anorexia Associated with Altered Levels

Motnje hranjenja

# Kaj so motnje hranjenja?

- So čustvene motnje.
- So izraz globoke duševne in čustvene vznemirjenosti ter nesprejemanja sebe.
- Mehanizem izogibanja - človek vso svojo energijo osredotoči na hrano in hranjenje, s tem se zapira vase.



# Doživljanje samega sebe

–

## samopodoba

- Imajo se za grde, debele, nesposobne, neuspešne, ...
- So nesamozavestni, se ne spoštujejo, imajo slabo samopodobo.
- Velja trditev: "Če si ugajaš si samozavesten, če si samozavesten si tudi uspešen."

# Zgodovina

- Bolezen moderne dobe.
- Sokrat: `Je, da bi bruhal in bruha da bi jedel´.
- `Močna devica´ Wilderfortis iz 10. stoletja.
- Zgodbe številnih svetnikov in blaženih (iz budizma, islama in krščanstva) - manipulacija s hrano.
- 1944/1945 - Pri fantih, vpoklicanih v že skoraj poraženo Hitlerjevo vojsko.

# Zakaj so to duševne bolezni?

- Ker so vzroki za nastanek čustvene stiske, čeprav se navzven kažejo s telesno podobo (prenajedanje, bruhanje, stradanje, zloraba odvajal in diuretikov ter pretirana telesna aktivnost)

# Vzroki motenj hranjenja

- Družinski
- Socio-kulturni
- Biološko-genetski



# Vrste motenj hranjenja

- Anoreksija nervoza
- Bulimija nervoza
- Kompulzivno prenajedanje



# Ozdravljivost in motiviranost

- Ambulantno in hospitalno
- Odvisno od motiviranosti in izraženosti same motnje
- Motnje hranjenja so ozdravljive, potrebno pa je veliko volje, vztrajnosti in truda



# Žrtve anoreksije



Ever-shrinking starlet Nicole Richie continues to fade away, scaring friends and fans as she parades her skin-and-bones body on the beach in Malibu **Now Aug. 12**

**Then May 28**

Her collarbones are more concave!

Her ribs are more visible around her chest

There's less meat on her arms

Her stomach skin hangs looser

She's swimming in her suit!

She used to have more leg muscles

Richie appears to be running on empty as she jogs on the beach in Malibu on Aug. 12, right. "Her ribs are more defined; you notice it around her sternum. And the angle of her hips is different, which means that there is less tissue," says Dr. Martorano. "Her bathing suit is also falling off. It looks like a diaper."

**POPBYES**



fotografiji sicer ni Ana, a bi prav lahko bila