


Why do I have such an aversion to fats?

When a non-anorexic body is starved, Galanin increases. When this neuropeptide increases, so does the human consumption of fats. However, a person with anorexia has a decrease in Galanin. This makes you feel as though you do not want or need fats or fatty foods.

All these hormonal changes of anorexia are opposite those of a normal starving body. For more information see Dr. Guisinger's website at www.adaptedtofasting.com

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Why do I feel like I have to be moving all the time?

In an anorexic body there is a hyper-secretion of Corticotropin-Releasing Hormone (CRH) in response to starvation. This maintains and intensifies physical hyperactivity (and amenorrhea). The melanocyte stimulating hormone/AGOUTI-related protein (MSH/AGRP) system and the norepinephrine/epinephrine (NE/EPI) may also contribute to the drive for activity in people with anorexia.

Citations

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HORMONAL CHANGES IN AN ANOREXIC BODY

Why am I afraid of certain foods or whole food groups?

The peptide YY (PYY) hormone is abnormally increased when you have anorexia. PYY is normally produced when food hits the digestive tract. The higher calorie/fat the food, the higher it increases. Having this abnormal increase in the hormone causes the gut to slow and the appetite to decrease. This is especially true for the types of foods that will cause a normally larger increase, such as fats or foods high in calories. Your body will think it has had enough to eat because of the increase in PYY. This leads to a conditioned aversion to these types of food.

Why do I feel full quickly when I try to eat a 'normal amount' of food?

In people with anorexia, the gastrointestinal hormone cholecystokinin (CCK) is increased. The pancreatic polypeptide (PP), a hormone released from the pancreas when eating, is also elevated. These increases cause the person to feel full too quickly in response to food intake. Elevated CCK also causes slow gastric emptying, which results in bloating and fullness. PP in particular causes fullness in relationship to calories, causing a quicker satiety to high calorie foods.

Why do I feel like once I start to eat forbidden foods/ more foods, I will never stop?

While many of the hormones decrease eating, a powerful hunger hormone, ghrelin, is as high as in normal starvation. Ghrelin is highest before meals, when people are hungry. This creates a situation where the person with anorexia has an aversion to eating with increased satiety, yet still has a constant background of hunger. This is part of the reason the person with anorexia has the feeling that if they eat, it would "open the floodgates" and they would eat forever.