



Bioresonance Therapy And Eating Disorders

Description

The human body can only function properly when an adequate amount of nutrition is acquired from a balanced, healthy diet on a daily basis. We need to ensure we eat a variety of foods that are rich in vitamins, minerals, proteins and healthy fats to supply our body with the nutrient it needs. Several parts of the body greatly rely on these nutrients, and without an adequate supply of these nutrients, we can suffer from a variety of health ailments, including a weak immune system and malnutrition.

While food is essential for a healthy body, how much we eat and what we eat greatly impacts how our body is able to process the food we consume, and whether or not the food is truly beneficial or rather perhaps harmful to our bodies. This is where eating disorders come in – mental disorders that cause a person to eat more or less than they are supposed to eat; thus leading to the development of a large number of potential health problems, as well as additional mental health issues.

Types Of Eating Disorders

There is a variety of different eating disorders that can affect a person. While some of these eating disorders will cause a patient to eat less than they should, others may cause a patient to overeat. For this reason, both types of eating disorders can wreak havoc on a person's self-esteem and their general wellbeing. The [National Institute of Mental Health](#) explains that the following are the most common eating disorders amongst the general population:

- **Anorexia Nervosa** – A condition where a person considers themselves as overweight, yet they are not. In many cases, people with anorexia nervosa are at an alarming low bodyweight but continues to believe that they weigh too much. This causes a person to eat a very restricted diet, and people with this particular eating disorder tend to fear gaining additional weight. Anorexia nervosa can have detrimental effects in the long-term, such as osteoporosis and osteopenia, as well as anaemia, muscle wasting, brittle hair, brittle nails, dry skin, constipation, low blood pressure, a reduced pulse, reduction in body temperature and even infertility. Some people with anorexia nervosa also experience multiorgan failure, brain damage and damage to their hearts.
- **Binge-eating Disorder** – Binge-eating disorder is another serious eating disorder that causes a person to have no control over the amount of food they consume. This causes the person to eat

frequently and often very large portions of food. People with binge-eating disorder would also eat even if they are not feeling hungry, and they often eat food until they are so full that they start to experience discomfort. Most people with binge-eating disorder are constantly on diets, but they fail to achieve impressive results. These individuals are also prone to feeling guilty and ashamed about the amount of food they are consuming. The major consequence of binge-eating disorder is the high risk of obesity. Obesity has been linked to many health risks, such as heart disease, stroke, high blood pressure, diabetes, osteoarthritis, gout, breathing problems, gallbladder disease, cancer and even premature death, as reported by [WebMD](#).

- **Bulimia Nervosa** – Bulimia nervosa is an eating disorder that has characteristics of both binge-eating disorder and anorexia nervosa. People who suffer from bulimia nervosa tends to experiences episodes where they consume an excessive amount of food without any control over how much they eat. Following such an episode, the person will feel depressed about their overeating. This causes many of these individuals to force themselves to vomit following the overeating. In some cases, the individual may rather turn toward diuretics and laxatives. Some people also opt for excessive amounts of physical exercise or may choose to fast for a couple of days. A lot of individuals may compensate for their overeating in more than one way. It should be noted that the body weight of a person with bulimia nervosa usually does not seem to be a concern, as most are able to maintain a healthy weight.

Is Bioresonance Therapy Helpful In The Treatment Of Eating Disorders?

Therapy, medication and several other options are available to assist a person suffering from an eating disorder [overcome the issue](#). It can be quite difficult to overcome these disorders, especially since they are mental problems, but by utilizing the right methods and exerting some effort, it is most definitely possible. The use of a Bioresonance therapy device, also known as a BICOM device, can also be utilized in order to further assist a person suffering an eating disorder. Bioresonance therapy has shown promising results when used to treat several mental issues, including depression, anxiety and even addictions. Similarly, the technology offers a useful way to help a person overcome an eating disorder in a safe, drug-free way.

Conclusion

Eating disorders can have a detrimental effect on a person's life. Not only do these disorders affect the mental wellbeing of a person, but it can also lead to malnutrition, obesity and many other problematic complications that affect the patient's [physiological wellbeing](#). Treating an eating disorder is important to avoid further complications and to regain a healthier life. Fortunately, Bioresonance therapy seems to be effective in providing relief of the symptoms caused by these eating disorders; thus reducing the effects that such a condition may have on a patient's life.

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