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These conditions include problems in how you think about food eating weight and shape and in your eating behaviors. These symptoms can affect your health your emotions and your ability to function in important areas of life Intermittent fasting is a pattern of eating based on time limits

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Then they try to get rid of the food and extra Mar 28 2023 Anorexia bulimia and binge eating disorder affect physical and mental health

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It often leads to eating too much especially too much of high calorie sweet and fatty foods. The good news is that if you're prone to emotional eating you can take steps to regain control of your eating habits and get back on track with your

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