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GIRL TALK

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## Walking the 'thin' line

Don't go too far for a desirable figure or you could land yourself with an eating disorder

**Y**ou may think of size zero, but do you ever worry of anorexia and bulimia, the eating disorders that you may just get for yourself in the bargain that in no way is in your favour!

Of course there's something as the healthy body weight. If you are crossing the line and moving more towards right, it definitely needs some corrections, but must we forget the healthy ways of doing it?

For those thinking of getting slim, please get expert help if your idea is starvation. And those, who are already treading the path and speeding towards the left shift in the weighing scale, read on!

### The first wrong step

Nutritionist Naini Setalwad says that the most common mistake girls make when they take to unsupervised dieting is cut-

ting down on fats. "The first thing people do is to cut down all sorts of fats. Also, essential food groups are eliminated from one's diet, especially carbohydrates," she points out.

Nutritionist Dr Nupur Krishnan says, "Dieting isn't about saying no to fats. Our body needs fat soluble vitamins. Avoiding fatty foods altogether will hinder in absorption of these essential vitamins."

### Psychological play

The thrill of so many compliments after losing weight makes one want to continue to lose weight in the same manner: "Gradually one begins to get obsessive about calories, and develop a fear of food. Even if they indulge themselves, they feel ashamed and guilty," says Setalwad.

### Outcome — eating disorders

A wrong diet plan plus the

obsession to lose weight is a sure package to lead you to eating disorders like anorexia and bulimia. Setalwad explains, "While anorexia is eating too little, bulimia is eating a lot, followed by purging." There is another kind of bulimia, where in a person eats all they want, but then instead of throwing up, they overeat the diuretics or laxatives. Otherwise, they exercise excessively.

### Sounding an alarm

Watch out for these signs: Extreme weight loss, hair fall, change in menstrual cycle, sleeplessness or extreme fatigue, cavities, brittle nails, constipation, dry, dull skin, feeling cold easily and excessive growth of hair over body and face. With so many signs, you can't miss or ignore anorexia. Meanwhile bulimia brings along extreme acidity and discolouring of teeth.

### Besides dieting...

Dr Krishnan says the process of losing weight isn't about starving one's self. To tackle what's already gone wrong, she advises, "Chew your meals properly. Don't eat in haste. This will help take care of acidity in cases of bulimia." She also insists that one should never skip breakfast. You'll do great with a little planning, says Dr Krishnan. "If you feel like indulging in some evening snacking, go for *pani puri* or *bhel* instead of *pav bhaji*," she says. Remember dieting is not starvation!



**WEIGHT WATCH:** While Britney Spears has battled with bulimia Mary-Kate Olsen has undergone therapy for anorexia

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