

Muscular dysmorphia

Muscular dysmorphia is a *mental illness*, that is classified as an eating disorder. It mainly affects men, but women are no exception. It refers to a morbid addiction to exercise and the effort to strengthen one's own body with muscle mass.

Causes

Bigorexia originates from **the syndrome of smallness**. Bigorectics feel that they are small, weak and poorly developed. They then solve this complex with excessive exercise, when they try to find their self-confidence in gyms and strenuous exercise.



Bodybuilders

Symptoms

Individuals altered by this disorder are able to spend several hours a day in the gym. Food is often the main and at the same time the only interest. They consume an excessive amount of food supporting the formation of muscle mass based on proteins, amino acids and anabolic steroids. These include protein shakes, gainers, creatine, BCAA and other dietary supplements.

The risks of bigorexia

Due to demanding trainings, overloading of the organism and a small amount of regeneration, the motor system is damaged. An excessive amount of muscle then has a negative impact on the human body, and the muscles put a strain on the joints and bones with their weight. With a high intake of energy and protein, it also destroys their liver and kidneys.

Links

Related articles

- Proteins
- Amino acids
- Eating disorders

References

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- JIŘÍ, Mach. *Výživa pro fitness a kulturistiku*. - edition. Grada Publishing a.s., 2013. 128 pp. ISBN 9788024746180.