

Orthorexia

Orthorexia (Latin *Orthorexia nervosa*) is a *mental illness* that can be translated as *the right taste* (from the Greek *orthos* = correct, *orexis* = taste). It is a pathological obsession with healthy food and biologically pure food, which is why we also classify it as an eating disorder. In 1997, American doctor Steven Bratman defined it for the first time and also described it in his book *Healthfood Junkies - Fanatics of healthy nutrition*.

Consequences

The quality of food is the first priority for people suffering from this disease. They care excessively about the quality of the food they consume. In their menu, they are prohibited from consuming meat, fats, GMO plants and generally foods containing chemical substances or other *genetically modified foods*. The diet must also not contain dyes, traces of pesticides, fertilizers or other additives. They carefully research the origin of their food and grow most of it themselves. People suffering from orthorexia are proud of their lifestyle and figure.



Healthy food

Consequences

- the organism is deprived of a **large number of important substances and vitamins**
- significant **weight loss** occurs
- they are constantly **thinking about food** in their thoughts
- over time they only consume food that they have prepared themselves
- they often **convince those around them** of the harmfulness of commonly available foods

Therapy

As with other eating disorders, it is necessary for the patient to **admit his disorder** and to be willing to work with this problem. Mental disorders often tend to recur, and a small percentage of sufferers deal with the illness on their own. So the best solution is to **see a psychologist** and talk to him *about solving the problem*.

However, it is important to note that not everyone who cares about their health is necessarily sick. Nowadays, there are a number of diseases and factors that require us to *adjust our diet*, so checking what we consume is completely appropriate.

Links

Related articles

- Eating disorders
- Carbohydrates in food
- Proteins in food
- Types of food

References

- -, *Ordinace.cz* [online]. [cit. 2018-12-22]. <<http://www.ordinace.cz/clanek/ortorexie/>>.
- -, *HELP P3* [online]. [cit. 2018-12-22]. <<http://help-p3.slezygmopava.cz/ortorexie.php>>.