



# The Side-effects of Under Eating

By Jenny Tomei



# The Side Effects of Under Eating

## Mood and feelings

Under eaters generally feel depressed, low and prone to be easily irritated or enraged. Many of the nutrients in food affect the emotional centres of our brain and reducing these nutrients or affecting their balance has an adverse effect on mood.

Under-eaters can feel spaced-out at times, and not in touch with their own feelings.

## Thinking and consciousness

Thinking is affected by consistent under-eating. This is not surprising since the brain requires a great deal of energy to “compute”.

### Concentration

Concentration is always impaired, although not everyone is aware of this because they force themselves to focus on the task in hand.

Under-eaters often describe themselves as more alert and purposeful, but this cannot be sustained for long. Constant thinking about food and weight, which is a side effect of under-eating, can interfere with the ability to attend to other things.

### Obsession about food and weight

Under eaters start to think more about food and about their weight if they are also sensitive about what they weigh. This can cause someone to become suddenly interested in cooking, cooking for other people, recipes, books about nutrition and they may even dream about food and eating. Sometimes they may give up old interests and hobbies.

### Irrational thinking

The effects of poor nourishment on the brain may lead to difficulty in making good sense of day to day impressions and experiences.

### Cravings

Cravings for foods rich in sugar and fat. Some people respond to these cravings by doing all sorts of things to keep their mouth and appetite distracted such as exercise, smoking, drinking alcohol etc. For others their control of cravings is undermined by binge eating.

# Other Side Effects

## Sex Hormones

To protect more important life processes, sex hormone production is interrupted. Sexual feelings decrease, and menstruation can disappear, or even be delayed.

## Bones

Bones – Nutritional imbalances can lead to Osteoporosis later on in life.

## Digestion

The digestive tract in under-eaters slows down, and as a result food moves slowly through the gut and feels uncomfortable. This explains the heightened sensitivity to feelings of fullness as well as bloating, which is misleading. In extreme conditions the stomach and gut begin to hurt, which leads more people to think that they have food allergies, which is usually untrue.

## Sleep and Rest

Under-eaters find it hard to sleep, and may wake early with a sense of restlessness, which drives them to go out and exercise.

## Skin and Hair

The effects of under-eating are variable from one person to the other. Skin may become dry and show signs of early ageing. Some people find that their hair becomes thin.

## Low Blood Sugar

Blood glucose is the fuel which drives most metabolic processes, including the activity of our muscles together with the day to day activity of the brain.

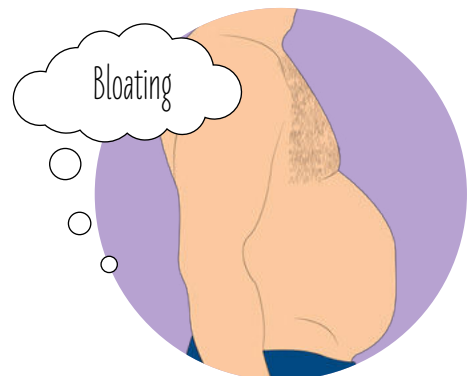
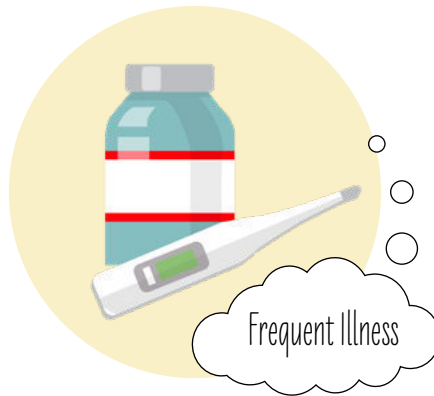
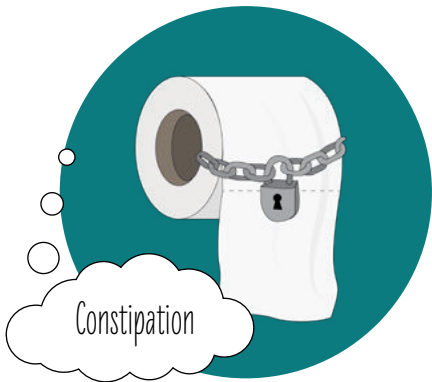
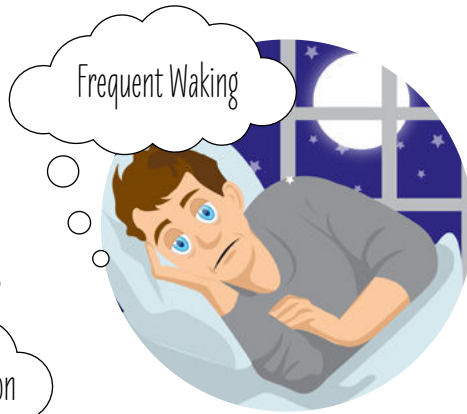
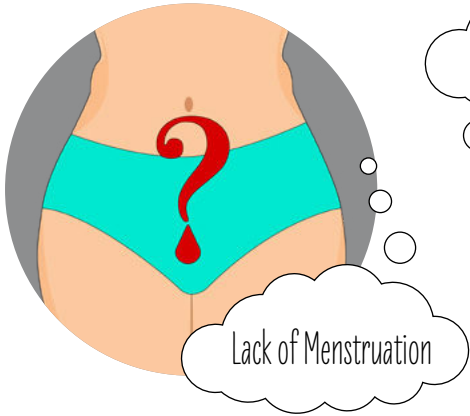
## Bloating

Being bloated is caused by under-eating and is not usually a sign that you have eaten too much. When you start to increase your food intake, bloating is normal. However, it will eventually start to decrease.

If you are struggling with under eating, or your nutrition in general?  
Feel free to book a consultation with me.

All consultations are currently being held via zoom. A zoom link will  
be sent to you before your consultation.

# The 12 Symptoms Of Under Eating





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