

Free medical advice on mental health, psychology, personality disorders, relationships, stress, anxiety, depression, emotional abuse, substance abuse, sexual abuse, types of mental illness, etc.



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## Psychology Free Online Medical Advice



Answers to more than 500 questions about psychology, mental health and relationships, written by a team of experts appointed by the Commission of the European communities.

### SEARCH FOR ANSWERS

Write a simple question in one sentence (Note: Our answers are not oriented towards somatic - body - medicine):

  ⓘ

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### CATEGORIES

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| <a href="#">ADHD</a>       | <a href="#">Instability</a>       | <a href="#">Relations</a>         |
| <a href="#">Anorexia</a>   | <a href="#">Life</a>              | <a href="#">Sex</a>               |
| <a href="#">Anxiety</a>    | <a href="#">Mood swings</a>       | <a href="#">Sleeping problems</a> |
| <a href="#">Bulimia</a>    | <a href="#">Obesity</a>           | <a href="#">Stress symptoms</a>   |
| <a href="#">Child care</a> | <a href="#">Phobia</a>            | <a href="#">Workplace</a>         |
| <a href="#">Depression</a> | <a href="#">Psychiatric drugs</a> | <a href="#">More.....</a>         |
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## Answers

Your Question: [Why am I always hungry?](#)


  


- Answers:**
1. [Hunger and Other Sensations; Link List](#)  
List to links to web pages describing different feelings and sensations and how to deal with them.
  2. [To be Satisfied when You Have Eaten Enough](#)  
Why are other people satisfied, when they have eaten enough, but not me?
  3. [Factors Initiating Eating Disorders, Causes of Eating Disorders](#)  
Why and how, in which situations, does an eating disorder start?
  4. [The Causes of Eating Disorders; links](#)  
an inventory of causes of eating disorders.
  5. [Eating Disorders Originating Factors](#)  
How and why an eating disorder starts.
  6. [Eating Disorders; Main Link List](#)  
Directory of hundreds of answers to questions about eating disorders and obesity.
  7. [Bulimia Nervosa ; Link List](#)  
List of links to answers about bulimia nervosa.
  8. [Eating when I am not hungry](#)  
Why do I eat although I don't feel hungry?
  9. [Confusing other Real Feelings with Hunger or Craving](#)  
hich other real feelings can be confused with craving?
  10. [Bulimia Nervosa Diagnosis Symptoms Signs Treatment ; Link List](#)  
List of links to answers about bulimia nervosa.
  11. [Start of Compulsive Eating Attacks](#)  
Describes the conditions in which a compulsive eating attack starts.
  12. [Eating Disorders and Other Feelings](#)  
How do eating disorders function?
  13. [Learning to recognize the real feelings behind an improper craving?](#)  
How do you learn to recognize your real feelings?

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Write a simple question in one sentence  

- Set the query type:
- intelligent question-answering
  - Search on **any** word in keywords 
  - Search on **all** words in keywords

## FULL TEXT SEARCH ON THE ENTIRE WEBSITE

Write one or more keywords  searching for **why am I always hungry?****Why am I always Tired? Tired all day?**

Medical conditions which can cause fatigue (tiredness).

last modif: Thursday, October 23, 2003 (11:05)

url: <http://web4health.info/en/answers/soma-cfs-other>**Amitriptyline (Elavil/Saroten/Endep/Vanatrip) - Contraindications**

Who should not take Amitriptyline (Elavil/Saroten/Endep/Vanatrip)? What should I discuss with my healthcare provider before taking amitriptyline?

last modif: Monday, September 22, 2003 (09:32)

url: <http://web4health.info/en/answers/bio-amitr-contr>**Amitriptyline (Elavil/Saroten/Endep/Vanatrip) - Counteractions**

What other drugs will affect amitriptyline (Elavil/Saroten/Endep/Vanatrip)?

last modif: Monday, September 22, 2003 (09:32)

url: <http://web4health.info/en/answers/bio-amitr-coun>**Amitriptyline (Elavil/Saroten/Endep/Vanatrip) - Important Information, Precautions**

What is the most important information I should know about amitriptyline (Elavil/Saroten/Endep/Vanatrip)? What should I avoid while taking it?

last modif: Monday, September 22, 2003 (09:32)

url: <http://web4health.info/en/answers/bio-amitr-inf.htm>**Serum Lipase / Amylase and eating disorder**

What alterations of amylase or lipase are common for patients with anorexia or bulimia?

last modif: Monday, September 22, 2003 (09:32)

url: <http://web4health.info/en/answers/ed-dia-lipase>**Amitriptyline (Elavil/Saroten/Endep/Vanatrip) - Important Information, Precautions**

What is the most important information I should know about amitriptyline (Elavil/Saroten/Endep/Vanatrip)? What should I avoid while taking it?

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url: <http://web4health.info/en/answers/bio-amitr-inf>**Amitriptyline (Elavil/Saroten/Endep/Vanatrip) -Side Effects**

What are the possible side effects of amitriptyline (Elavil/Saroten/Endep/Vanatrip)?

last modif: Monday, September 22, 2003 (09:32)

url: <http://web4health.info/en/answers/bio-amitr-side>**Amitriptyline (Elavil/Saroten/Endep/Vanatrip) - Description**

What is amitriptyline (Elavil/Saroten/Endep/Vanatrip)? When is it used? How does it help?

last modif: Monday, September 22, 2003 (09:32)

url: <http://web4health.info/en/answers/bio-amitr-desc>**Amitriptyline (Elavil/Saroten/Endep/Vanatrip) - Doses**

How should I take Amitriptyline (Elavil/Saroten/Endep/Vanatrip)? What happens if I miss a dose? What happens if I overdose?

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url: <http://web4health.info/en/answers/bio-amitr-dos>**Serum Lipase / Amylase and eating disorder**

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| <a href="#">Anxiety</a>    | <a href="#">Mood swings</a>       | <a href="#">Sleeping problems</a> |
| <a href="#">Bulimia</a>    | <a href="#">Obesity</a>           | <a href="#">Stress symptoms</a>   |
| <a href="#">Child care</a> | <a href="#">Phobia</a>            | <a href="#">Workplace</a>         |
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## Bulimia Nervosa Diagnosis Symptoms Signs Treatment ; Link List

Write a question ⓘ Info

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Written by: Jacob Palme

First version: 02 Nov 2003. Latest revision: 21 Nov 2003.

### Bulimia Nervosa

[Overview, variants](#) • [Binge eating](#) • [Self-provoked vomiting](#) • [Examples](#)

### Diagnosis, Symptoms, Signs

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### More about eating disorders

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## To be Satisfied when You Have Eaten Enough

Write a question [Info](#)


Top
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Ask an expert
Print

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.  
First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

**Question(s):**

Why are other people satisfied, when they have eaten enough, but not me?

**Answer:**



For people without eating disorders and who have a well working hunger and satisfaction capability, the intake of nourishment is perfectly regulated so that they will be satisfied at the right time. When they have eaten enough, eating more does not feel desirable, they feel happy and satisfied.

Satisfaction is a sensation which the brain creates by combining different signals, like signals about the blood sugar level, signals about how much food is in the stomach, knowledge about what they have eaten and what they need, etc. There is, for example, enterostatin, a peptide created by the enzyme procolipas and which is produced when fat is separated in the intestines. This peptide sends signals to receptors saying "this is enough". The opiate system which controls feelings of wellbeing is restrained so that the reward centers in the brain are not any more stimulated.

For normal people, the brain combines all these factors to conclude that they are not hungry any more. For a person with eating disorders, this function either does not work at all, or works only partially. Some often have a correct feeling of satisfactions, but ignore it.

Here are some reasons why some people do not feel satisfied when other people are:

- A person who has recently been on a diet, or who has eaten and vomited, may get signals from the body saying: "Help, this is a famine, it is best to eat while there is food. You never know when you can get food again."
- Food, which people ate in former times like root vegetables, porridge, meat, fish, etc. gives more feeling of satisfaction than food which people eat today like biscuits, chips, soft drinks, candy, white bread, sugar, etc.
- People who eat rapidly will take in much more food, before they are satisfied, than people who eat slowly, one piece at the time, put down their fork and knife between each bite and chew thoroughly.
- Food reduces anxiety. A person who is agitated and nervous may want to reduce the anxiety with food, and this wish may be larger than their capacity of recognizing satisfaction.
- Many people with eating disorders are not conscious of their hunger and

satisfaction sensations. They cannot react to a sensation which they are not conscious of. The offers of the table will win.

Such people cannot separate hunger and other disagreeable feelings like anger, fear, tiredness or aversion. All of these feelings will to them be experienced as hunger. People who cannot distinguish different sensations may get eating disorders.

[More about eating disorders.](#)

[Sources, references](#)

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## Answers

Your Question: -- [To be Satisfied when You Have Eaten Enough](#)

**Answers:** [1. To be Satisfied when You Have Eaten Enough](#)  
 Why are other people satisfied, when they have eaten enough, but not me?

[2. Eating Disorders and Other Feelings](#)  
 How do eating disorders function?

[3. Learning to recognize the real feelings behind an improper craving?](#)  
 How do you learn to recognize your real feelings?

[4. Hunger and Other Sensations; Link List](#)  
 List to links to web pages describing different feelings and sensations and how to deal with them.

[5. Learning to Recognize Hunger at Different Ages](#)  
 At what age do children learn how to recognize hunger?

[6. Regular Eating Habits](#)  
 How often one should eat is an individual matter, but here are some guidelines.

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### information - Ask The Expert Here

Here you can ask questions, which will be answered by psychological-psychiatric experts. **Note that we do not answer questions on illnesses which are of purely biological (somatic) nature.**

**Note that questions and answers will be published and readable by everyone.** If you want to be anonymous, avoid specifying information which can identify you (except your e-mail address, see below), and either log out or use a pseudonym before asking questions here.

If you want the reply sent to you by e-mail, you must [register](#) your e-mail address before writing the question. You can still use a secret name (pseudonym) even if you specify your correct e-mail address. The e-mail address you write will not be used in any kind of marketing and will not be shown or given out to anyone.

Web4health does not promise to answer all questions sent to this area. You have a better chance of getting an answer if you ask a short question (max 10-20 lines). You may have to wait one or a couple of weeks before you can see the answer to your question.

[See other people's questions and their answers.](#)

## Write Question

**Author:** Jacob Palme:  Web4Health experts:

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Attachment:

Plain text   
  Reply   
  Happy   
  Sad   
  Angry   
  Question

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Today's date: Sat, 22 Nov 2003 06:35:27 +0100

KOM 2002

- 18927. ↪ [Re: Overmedicating?](#) , [Martin Winkler](#) , 21 Nov 12:26
- 18895. ↪ [Re: Overmedicating?](#) , [e85hdbud71](#) , 21 Nov 12:16
- 18921. ↪ [Re: my husband is psychotic](#) , [Martin Winkler](#) , 21 Nov 10:22
- 18916. ↪ [Re: anxiety, stress, and fear](#) , [Martin Winkler](#) , 21 Nov 08:17
- 18915. 🗨️ [anxiety, stress, and fear](#) , [Nathan](#) , 21 Nov 08:01
- 18885. ↪ [Re: my husband is psychotic](#) , [j0w4ptp7v1](#) , 20 Nov 21:52
- 18912. ↪ [Re: GP: Lying/cheating](#) , [30gx2u1z61](#) , 20 Nov 21:50
- 18904. ↪ [Re: Anxiety disorder](#) , [Gunborg Palme](#) , 20 Nov 16:39
- 17906. 😞 [Anxiety disorder](#) , [sophia](#) , 20 Nov 16:39
- 18900. ↪ [extremely bossy child](#) , [Gunborg Palme](#) , 20 Nov 16:35
- 17804. 🗨️ [extremely bossy child](#) , [rncny1o9t1](#) , 20 Nov 16:34
- 18896. ↪ [Re: Marriage going down hill](#) , [Gunborg Palme](#) , 20 Nov 16:30
- 18264. ❓ [Marriage going down hill](#) , [Marilyn Sostre](#) , 20 Nov 16:29
- 18892. ↪ [Re: depressed](#) , [Martin Winkler](#) , 20 Nov 15:22
- 18887. 😞 [depressed](#) , [pepsi](#) , 20 Nov 15:19
- 18884. ↪ [Re: behavioral issues](#) , [Martin Winkler](#) , 20 Nov 13:56
- 18857. 🗨️ [behavioral issues](#) , [Abby](#) , 20 Nov 13:52
- 18859. ↪ [Zu viel Medikamente](#) , [Martin Winkler](#) , 20 Nov 08:17
- 18849. ❓ [Over medicating?](#) , [gmwv65xs41](#) , 20 Nov 08:10
- 18852. ↪ [Re: my husband is psychotic](#) , [Martin Winkler](#) , 19 Nov 19:57
- 18848. ❓ [my husband is psychotic](#) , [vd43iiv851](#) , 19 Nov 19:50
- 18846. ↪ [Re: Eating Disorders](#) , [Martin Winkler](#) , 19 Nov 15:22
- 18842. ❓ [Eating Disorders](#) , [xuhwn4vbp1](#) , 19 Nov 15:17
- 18110. ❓ [GP: SEXUAL DESIRE](#) , [MAX KANGWA MALAUNI](#) , 09 Nov 08:31
- 18835. ↪ [Re: ADHD Treatment](#) , [Martin Winkler](#) , 19 Nov 13:29
- 18113. 🗨️ [GP: Lying/cheating](#) , [kd1p9fczc1](#) , 19 Nov 13:28
- 18833. ↪ [Re: GP: repressed memories](#) , [Gunborg Palme](#) , 19 Nov 13:27
- 18832. ↪ [Loss of Sexual Desire](#) , [Gunborg Palme](#) , 19 Nov 13:23
- 18782. ❓ [ADHD Treatment](#) , [Tariq Sultan](#) , 19 Nov 13:22
- 18830. ↪ [Repressed Memories of Sexual Abuse](#) , [Gunborg Palme](#) , 19 Nov 13:20

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 extremely bossy child  
 extremely bossy child

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**17804.** **Top** **Next message**

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 18900. [extremely bossy child](#), [Gunborg Palme](#), 20 Nov 16:35  
 17804. [extremely bossy child](#), [rncny1o9t1](#), 20 Nov 16:34

**extremely bossy child**  
**From:** [rncny1o9t1](#)  
**Date:** Thu, 20 Nov 2003 16:34:50 +0100  
 Language: [Swedish](#) ( ), [English](#) ( ), [German](#) ( )

**Reply to all** **Personal reply** **Subtract recipients**  **Add Recipients** **Show History** **Mark**

My child is overly bossy and sometimes to the point of being a bully. I've tried all the "talks" I can think of but it's not working. She is now beginning to lose friends and have others turn away and is causing alot of problems in other group settings and at school. She is aware it's a problem for her but feels like she "just can't help it". Do you have any suggestions that might help her? It's becoming a real concern for us.

**18900.** **Top** **Previous message** **Next unread**

**extremely bossy child (Reply to: 17804 from rncny1o9t1)**  
**From:** [Gunborg Palme](#)  
**Date:** Thu, 20 Nov 2003 16:35:22 +0100  
 Language: [Swedish](#) ( ), [English](#) ( ), [German](#) ( )

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Contact a specialist and ask him to check if your daughter has some kind of psychological handicap. If she does not have any, try to praise her every time she behaves nicely. We parents often do wrong, because we do not understand that both criticism and praise words can strengthen a child's behaviour. If we want to strengthen a certain kind of behaviour in our children, we should praise them every time they do something right and ignore them when they do wrong. This is better than criticizing them.

Some people are naturally charming and everybody likes them, others do not have those skills and do not succeed in social life. People try to take keep away from them because they see them as unpleasant. A person who is

introverted may also easily considered boorish. On the other hand, someone who has a keen ear and cares about how other people feel becomes popular and makes friends easily.

Some kids are easy to bring up, and listen to other people's advice. Other kids do not seem to listen at all. It is important not to give up on troublesome children; they should be helped in all possible ways.

Sometimes it is wise to seek their schoolmates' help. They can easily understand where the problem is and often children listen to their friends more than their parents.

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Question(s): [Help](#)

Identifier: [Help](#)

Date-created: [Help](#)

Date-last-modified: [Help](#)

Body: [Help](#)

Author: [Help](#)

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Administrate *I Eat Less Than Others, But have Gained Weight Anyway*

Start chatting

## I Eat Less Than Others, But have Gained Weight Anyway [info](#) [Write Message](#)

Language: [Swedish](#) , [English](#)

between version  and version  as HTML:

To: [FAQ production](#)  
Latest modified by: [Jacob Palme](#) , 28 Oct 10:36

Question(s): [Help](#)  
I can't understand why I weigh 112 kg. I think I eat far less than others. When I was 25, my weight was normal, but it has gradually increased to 112 at 45 years age. I am 180 cm tall. My wife is also a little plump, but less so than me. We both try to be restrictive with food.

Identifier: [Help](#)

Date-created: [Help](#)

Date-last-modified: [Help](#)

Body: [Help](#)  
The weight increase indicates that you have eaten about 35 (kilo)calories too many per day since age 25, or about 1 % too much on average. This corresponds to about 2 lumps of sugar. When overweight people are questioned about their eating and are then given only the amount stated but under controlled conditions, they usually go down quickly. It must be that they are not aware of how much they eat. It is not possible to become overweight without eating too much. In order to be more aware of how much is eaten it is a good idea to keep a daily food diary.

Your wife is also somewhat plump. This may indicate that she puts more butter, cream and sugar in the food she prepares than you are aware of.

It would help you to exercise as it contributes to using calories and the normal hunger and satisfaction feelings function better. If you exercise for at least 12 minutes per day and get the pulse up to about 130 it will be easier to manage your weight problem.

Some people cannot be slim, however much they diet, as they have large numbers of small fat cells which cannot be made smaller. Those who are overweight as children usually have this condition whereas those who get overweight later in life have fewer but larger fat cells and this applies to you.

Only a new life-style for the rest of your life will solve your weight problem. Skip sugar and saturated fat.

[Do overweight people eat more than other people?](#)

Author: [Help](#)  
[Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.



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- body

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**To Discussions:**

3588. [Re: Is , Jacob Palme](#) , 26 Mar 12:41

3517. [Is "go up" idiomatic English for "gain weight"?](#) , Lars Enderin , 24 Mar 13:43

**Information - I Eat Less Than Others, But have Gained Weight Anyway**

## Write Message

Author:  Jacob Palme  Web4Health experts

Subject:

Language:

Enter the text...  Plain Text  Guess  HTML

Attachment:

Plain text  
  Reply  
  Happy  
  Sad  
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  Question

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KOM2002

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 FAQ production  
 I Eat Less Than Others, But have Gained Weight Anyway  
 Is "go up" idiomatic English for "gain weight"?

**Who are present**

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**3517.** [Top](#) **Next message**

**Is "go up" idiomatic English for "gain weight"?**  
 From: [Lars Enderin](#)  
 Date: Mon, 24 Mar 2003 13:43:15 +0100  
 Language: [English](#) ( [o](#) )

**Thread Messages in thread:**

3588. [Re: Is , Jacob Palme](#) , 26 Mar 12:41

3517. [Is "go up" idiomatic English for "gain weight"?](#) , Lars Enderin , 24 Mar 13:43

**3588.** [Top](#) [Previous message](#) [Next unread](#)

**Re: Is (Reply to: 3517 from Lars Enderin)**  
 From: [Jacob Palme](#)  
 Date: Wed, 26 Mar 2003 12:41:57 +0100  
 Language: [English](#) ( [o](#) )

I am not sure that "go up" is an accepted way of saying "gain weight", but I may be wrong...

**3588.** [Top](#) [Previous message](#) [Next unread](#)

**Re: Is (Reply to: 3517 from Lars Enderin)**  
 From: [Jacob Palme](#)  
 Date: Wed, 26 Mar 2003 12:41:57 +0100  
 Language: [English](#) ( [o](#) )

I think you are right. The reason I did not write "gain weight" is that "gain" indicates that this is something beneficial-valuable, which probably the readers do not think. I will change it anyway.

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[Eating Only One Meal a Day](#)

**Who are present**

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### Translate from: English

**Title:** [Help](#)  
Eating Only One Meal a Day

**Question(s):**  
I have a problem with my eating habits. I can't eat more than one proper meal per day. If I eat breakfast, I can't eat dinner. Snacks are out of the question. I can't help that I am like this. If I eat any other way I worry about how much I will gain weight. Sometimes I even vomit without putting my fingers in

**Identifier:** led-psy-one-meal-a-day

**Date-created:** 19 Aug 2003

**Date-last-modified:** 19 Aug 2003

**Body:**  
 <p>There is said to be a tribe in central Africa who only eat after sundown. So it is possible to survive on one meal a day, but it is important that this meal contains the necessary nutrition. However, as you are dissatisfied with your own eating habits, I will try to be of some assistance.</p>
 <p>You write that you weren't like this previously. Did you have normal eating habits then? Did your problems begin after a course of slimming? Anxiety about gaining weight prevents you from eating more than one meal a day, but you will gain more if you eat just one meal than if you eat the same amount spread over several small meals.</p>
 <p>Your eating will be normal if you eat wholesome food, listen to the body's hunger and satisfaction signals, and stop when you feel satisfied.</p>
 <p>Try to change one habit at a time. If you have pushed yourself under your natural weight you will gain weight when you begin to eat

### Translate to: German

**Title:** [Help](#)  
Nur eine Mahlzeit essend pro Tag

**Question(s):**  
Ich habe ein Problem mit meinen Gewohnheiten des Essens. Ich kann mehr als eine richtige Mahlzeit pro Tag nicht essen. Wenn ich das Frühstück esse, kann ich das Abendessen nicht essen. Imbisse stehen

**Identifier:** led-psy-one-meal-a-day

**Date-created:** 19 Aug 2003

**Date-last-modified:** 19 Aug 2003

**Body:**  
 <p>Es soll einen Stamm in zentralem Afrika geben, die nur nach Sundown essen. Daher ist es möglich, auf einer Mahlzeit pro Tag zu überleben, aber es ist wichtig, daß diese Mahlzeit die notwendige Nahrung enthält. Jedoch da Sie mit Ihren eigenen Gewohnheiten des Essens unzufrieden sind, werde ich versuchen, von einiger Unterstützung zu sein.</p>
 <p>Sie schreiben, daß Sie nicht wie dies vorher waren. Hatten Sie dann normale Gewohnheiten des Essens? Begannen Ihre Probleme nach einem Verlauf von Abnehmen? Die Besorgnis über dem Gewinnen des Gewichtes hindert Sie daran, mehr als eine Mahlzeit pro Tag zu essen, aber Sie werden mehr gewinnen, wenn Sie nur eine Mahlzeit essen als, wenn Sie den gleichen Betrag essen, der über mehrere kleine Mahlzeiten verteilt wird.</p>
 <p>Ihr Essen wird normal sein, wenn Sie gesunde Nahrung essen, anhören zu den Hunger des Körpers und und Befriedigungssignalen des End, wenn Sie sich zufrieden fühlen.</p>

## Write Message

**Author:** Jacob Palme: Web4Health experts:

**Subject:** Why am I always hungry?

**Language:**

**Enter the text...**  Plain Text  Guess  HTML

I am always hungry, even when I have eaten enough. Why is this so?

**Attachment:**

Plain text
  Reply
  Happy
  Sad
  Angry
  Question

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**Why am I always hungry?**  
 To: [Translation area](#)  
 Author: [Jacob Palme](#)

**Thread Messages in thread:**  
 18977. [Why am I always hungry?](#) , [Jacob Palme](#) , 22 Nov 06:44

Go to:  
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 Why am I always hungry?

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**Why am I always hungry?**  
 From: [Jacob Palme](#)  
 Date: Sat, 22 Nov 2003 06:44:36 +0100  
 Language: [French](#) ( [o](#) ) , [Swedish](#) ( [o](#) ) , [English](#) ( [o](#) ) , [Greek](#) ( [o](#) ) , [Italian](#) ( [o](#) ) , [German](#) ( [o](#) )

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I am always hungry, even when I have eaten enough. Why is this so?

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**Warum ist I immer hungrig?**  
 To: [Translation area](#)  
 Author: [Jacob Palme](#)  
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**Thread Messages in thread:**  
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**Warum ist I immer hungrig?**  
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Ich bin immer hungrig, selbst wenn ich genug gegessen habe. Ist warum dies so?

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Perché l'I sempre è affamata?

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**Perché l'I sempre è affamata?**  
From: [Jacob Palme](#)  
Date: Sat, 22 Nov 2003 06:44:36 +0100  
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Sono sempre affamato, anche quando ho mangiato abbastanza. Perché è questo così?

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**Pourquoi est I toujours affamé ?**  
To: [Translation area](#)  
Author: [Jacob Palme](#)  
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Je suis toujours affamé, même lorsque j'ai mangé assez. Pourquoi est cela ainsi ?

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**Γιατ? ε?ναι το ι π? ντα πεινασμ?νο;**

To: [Translation area](#)  
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Γιατ? ε?ναι το ι π? ντα πεινασμ?νο;

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Ε?μαι π?ντα πεινασμ?νος, ακ?μα και ?ταν ?χω φ?ει αρκετ?ν. Γιατ? ε?ναι αυτ? ?τσι;

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