Psychology Free Online Medical Advice, Mental Health, Anxiety, Relationship Advice 03-11-22 06:28 Web4Health Answers 03-11-22 06:31

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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.

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Answers

Your Ouestion: Why am I always hungry?

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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

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 ohesity

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:

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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searching for why am I always hungry?

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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)?

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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.htm

Serum Lipase / Amylase and eating disorder

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

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Amitriptyline (Elavil/Saroten/Endep/Vanatrip) - Important Information, Precautions

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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?

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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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Serum Lipase / Amylase and eating disorder

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

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03-11-22 06:33

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answers

Bulimia Nervosa Diagnosis Symptoms Signs Treatment; Link

Write a question (1) Info Submit question

Discuss this Ask an expert Print

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,

Diagnosing eating disorders Different kinds of eating disorders • Getting satisfied when you have eaten enough

Find a few related answers

Causes

Overview of causes • How bulimia starts . Forcing children to eat . Slim ideals . Food addiction • Genetic factors Meeting people you do not want to meet

Treatment

Psychotherapy • Clinics • More

Find many related answers

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Complications . Dental problems . Suffering

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Preventing eating disorders • How to help children not to develop eating disorders

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http://web4health.info/en/index.shtml Page 1 of 4 http://web4health.info/en/answers/ed-bulimia-menu.htm Page 1 of 1 To be Satisfied when You Have Eaten Enough 03-11-22 06:34 To be Satisfied when You Have Eaten Enough 03-11-22 06:34

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To be Satisfied when **You Have Eaten Enough** Write a question (1) Info Submit auestion

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Discussion

Written by: Gunborg Palme, certified psychologist and certified

Ouestion(s):

ndepende

medical expert

answers

First version: 28 Oct 2003. Latest revision: 28 Oct 2003.

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.

Find a few related answers

Find many related answers

Sources, references

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Answers: 1. To be Satisfied when You Have Eaten Enough
Why are other people satisfied, when they have eaten enough, but not

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How do eating disorders function?

3. Learning to recognize the real feelings behind an improper

cravina?

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 auidelines.

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information - Ask The Expert Here

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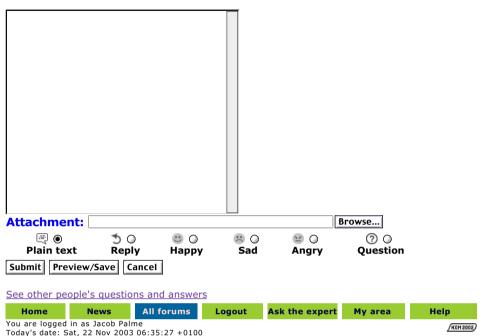
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Web4health does not promise to answer all questions sent to this area. You have a better chance of getting an answer if you ask a short question (max 10-20 lines). You may have to wait one or a couple of weeks before you can see the answer to your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

See other people's questions and their answers.

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Author: Jacob Palme: ● Web4Health experts: Reply wanted by e-mail: Subject: Submit Language: English **Enter the text...** Plain Text O Guess O HTML O



18927. TRe: Overmedicating?, Martin Winkler, 21 Nov 12:26 18895. ★ Re: Overmedicating? , M e85hdbud71 , 21 Nov 12:16 18921. The Re: my husband is psychotic. Martin Winkler, 21 Nov 10:22 18916. The 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, ignorphisms jow4ptp7v1, 20 Nov 21:52 18912. ★ Re: GP: Lying/cheating , M 30gx2u1z61 , 20 Nov 21:50 18904. [★] Re: Anxiety disorder , F Gunborg Palme , 20 Nov 16:39 17906. [®] Anxiety disorder , [™] sophia , 20 Nov 16:39 18900. [★] extremely bossy child , F Gunborg Palme , 20 Nov 16:35 17804. © extremely bossy child, Mrncny109t1, 20 Nov 16:34 18896. Transport 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. 5 Re: behavioral issues, Martin Winkler, 20 Nov 13:56 18859. [★] Zu viel Medikamente, Martin Winkler, 20 Nov 08:17 18849. (?) Over medicating? , ▶ gmwv65xs41 , 20 Nov 08:10 18852. The Re: my husband is psychotic, Martin Winkler, 19 Nov 19:57 18848. ? my husband is psychotic, M vd43iiv851, 19 Nov 19:50 18846. ★ Re: Eating Disorders , Martin Winkler , 19 Nov 15:22 18110. (?) GP: SEXUAL DESIRE, MAX KANGWA MALAUNI, 09 Nov 08:31 18835. Treatment, Martin Winkler, 19 Nov 13:29 18833. 5 Re: GP: repressed memories, M Gunborg Palme, 19 Nov 13:27 18832. 5 Loss of Sexual Desire, Gunborg Palme, 19 Nov 13:23 18830. TRepressed Memories of Sexual Abuse, Gunborg Palme , 19 Nov 13:20

extremely bossy child 03-11-22 06:36 extremely bossy child 03-11-22 06:36 (and the second of the sec



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.



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

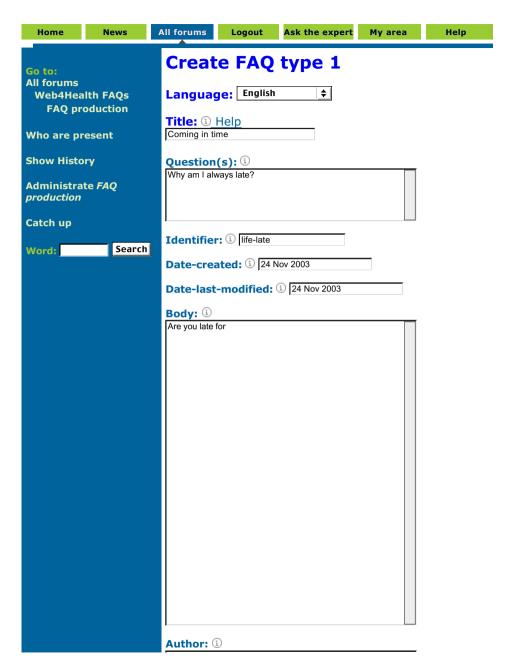
introverted may also easily considered boorish. On the other hand, someone who has a keen ear and cares about how other people feel becomes popular and makes friends easily.

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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Create object 03-11-22 06:39 1 Eat Less Than Others, But have Gained Weight Anyway 03-11-22 06:40

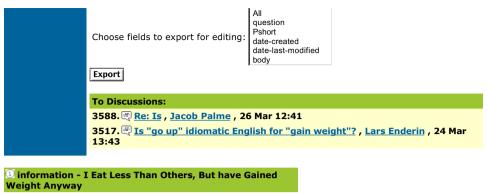




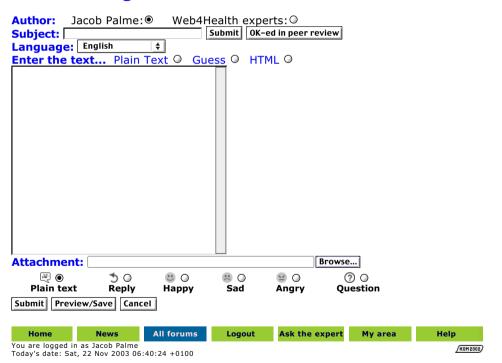
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1 Eat Less Than Others, But have Gained Weight Anyway 03-11-22 06:40 Is "go up" idiomatic English for "gain weight"? 03-11-22 06:41



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All forums Ask the expert My area Home News Logout Help Is "go up" idiomatic Go to: **■ English for "gain** All forums Web4Health FAQs weight"? **FAQ** production I Eat Less Than Others, But To: I Eat Less Than Others, But have Gained Weight have Gained Weight Anyway Anvwav Is "go up" idiomatic English Author: Lars Enderin for "gain weight"? Thread Messages in thread: 3588. Re: Is , Jacob Palme , 26 Mar 12:41 Who are present 3517. Is "go up" idiomatic English for "gain weight"?, Lars Enderin, 24 Mar 13:43 **Next unread** 3517. Top Next message Is "go up" idiomatic English for "gain weight"? **Subtract** From: Lars Enderin Translate to 🛊 recipients Date: Mon, 24 Mar 2003 13:43:15 Add +0100 Personal to **Recipients Show History** Mark Language: English (o) all reply I am not sure that "go up" is an accepted way of saying "gain weight", but I may be wrong... Top **■** Previous message Next unread Re: Is (Reply to: 3517



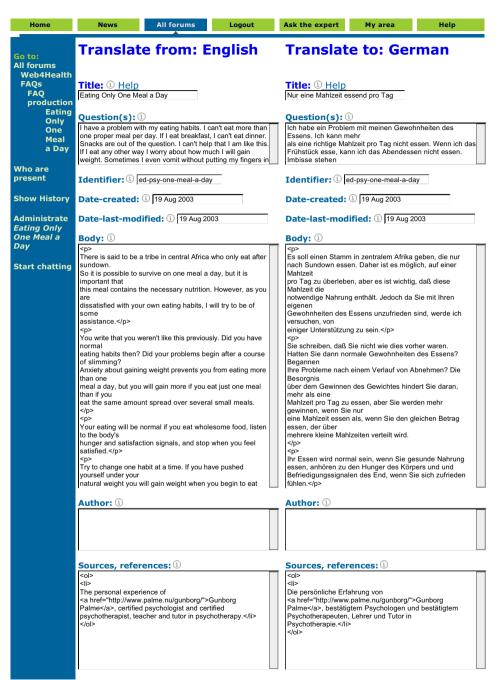
I think you are right. The reason I did not write "gain weight" is that "gain" indicates that this is something beneficial-valuable, whiich probably the readers do not think. I will change it anyway.



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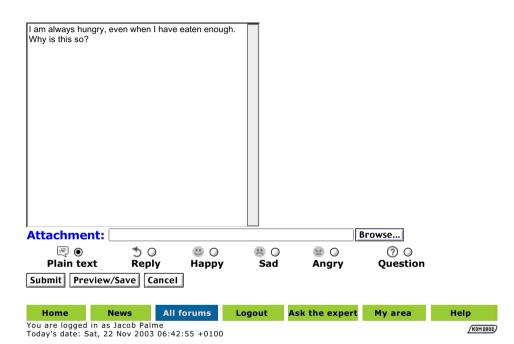


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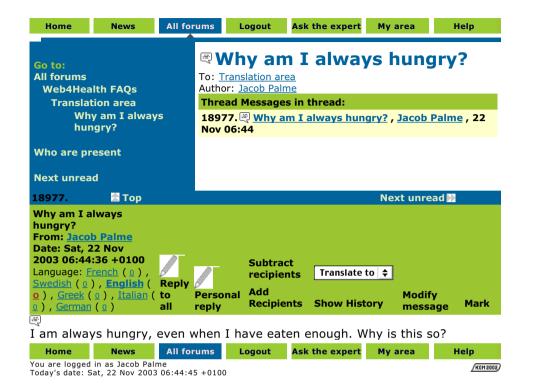
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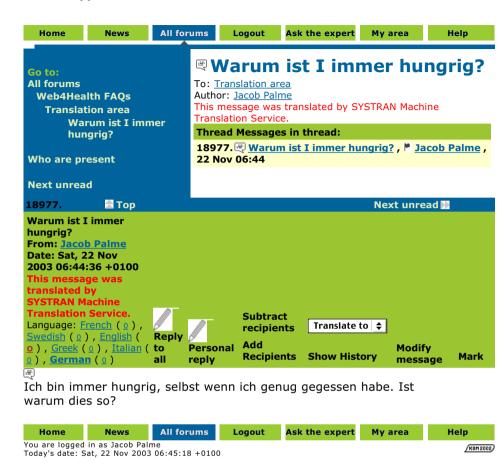
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Why am I always hungry? 03-11-22 06:45 Warum ist I immer hungrig? 03-11-22 06:45





Perché l'I sempre è affamata? 03-11-22 06:46 Pourquoi est I toujours affamé? 03-11-22 06:46 90-11-22 06:46





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