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### Reflection on chapters 11 & 14

Chapters 11 and 14 talked about eating disorders and pregnancy, two topics that showed how nutrition affects the body during vulnerable periods of life. Chapter 11 explained the difference between disordered eating and true eating disorders, which involve long-term patterns, emotional changes, and serious health risks. I learned about anorexia, bulimia, and binge-eating disorder. I also learned about their warning signs and physical effects. For example, anorexia can cause very low body weight, low body temperature, and nutrient deficiencies, and bulimia can cause tooth erosion and electrolyte issues. Treatment for these eating disorders requires nutrition therapy, cognitive behavioral therapy, and sometimes medication.

Chapter 14 was about how nutrition affects fertility, fetal development, and breastfeeding. I didn't realize how both low and high body fat can influence fertility or how much nutrient needs increase during pregnancy, especially for folate, iron, and vitamin D. The first trimester is the most important because this is the stage where organs start forming. I also learned that hormones like prolactin and oxytocin control milk production and let-down, and that breastfeeding provides important benefits for both the mother and the infant.

Something new to me in Chapter 11 was how high the mortality rate is for anorexia and how early eating disorders can develop. In Chapter 14, I was surprised by how much pre-pregnancy nutrition affects birth outcomes, especially regarding neural tube defects.

A challenge in these chapters was keeping the different disorders separate, since some symptoms overlap. In Chapter 14, the number of nutrients and trimester-specific changes was a lot to keep straight.

These topics connect to my major because stress and irregular schedules in computer science can influence eating habits. Understanding the signs of disordered eating can help me support classmates. The pregnancy material is also useful general health knowledge for later in life.

If I were teaching these topics, I would include more real-world examples or short case studies to make the information easier to remember.

Overall, these chapters showed me how nutrition affects both mental and physical health and why early recognition and proper support are so important during pregnancy and eating-related disorders.