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Hello friends, greetings to In this video, we about eating disorders. There are three important disorders in One anorexia, another is bulimia and finally, binge eating disorders. We anorexia and bulimia, you can this video, binge eating disorders or food addiction. Many people think that we are to smoking, But what is this? They ask Well food addiction is a job. It is called BGT disorder It starts ladies in 20s, 25s, 30s 35s. It middle aged men. 40s. Now you all think of We have festivals We all know the of a food, we a lot of We lot of food, we a lot We all do But we food addiction. We this every day. We this day. We can't this every We We this every day. We day. We We We day. They eat in a short time So they more quantity in a short time And they a loss of control They how much where to etc. On one side, full but their brain is to more So they lot of And we use compensatory behaviors like META eating disorders. We doing vomiting or So, you healthy, healthy and obese like You very healthy. There are many problems with Their way of thinking, their way of thinking is very rare. Another interesting thing is that people binge eating are mostly alone. They don't They prefer These Swingy Zonato Food Delivery App came, there who do binge eating. They alone. lonely and alone. the food you eat and a short time is the most important thing in you not healthy, mentally you will a guilt, self-reliance, a little shame and anxiety, depression, and other mental problems. And the main reason this is because some genetic reasons. The second is stress. Some them are towards BGT. This is also to addiction. There it. one side, are good behaviour therapy. The with food in the relationship, the loss of control. When they see they become so depressed. If you satisfaction temporarily, the connection through therapy and good medicine. But this is very common in Especially in the involved ones, food delivery, especially middle aged men are from My husband alcohol, bad habits, but these days many people are Thank you