

# 5 Common Myths About EATING DISORDERS

## MYTHS

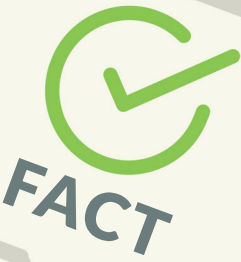
## FACTS



**ONLY WOMEN**  
GET EATING DISORDERS

1

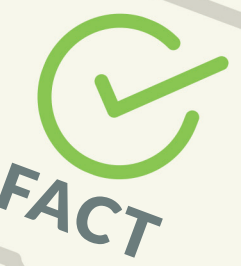
- **1** IN **3** -  
PEOPLE WITH  
**EATING DISORDERS**  
ARE **MEN**



PEOPLE WITH  
**EATING DISORDERS**  
NEED TO  
**SNAP**  
OUT OF IT

2

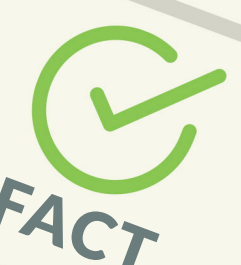
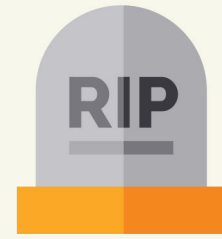
» IT'S A «  
**DISEASE**  
YOU CAN'T JUST  
**SNAP OUT OF IT**  
BUT  
**TREATMENT**  
WORKS



**EATING DISORDERS**  
AREN'T ALL THAT  
**SERIOUS**

3

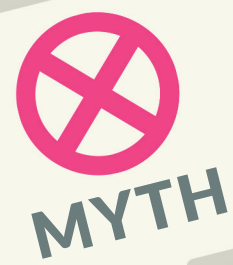
MORE PEOPLE  
**DIE FROM**  
**EATING DISORDERS**  
THAN ANY  
OTHER KIND OF  
**MENTAL ILLNESS**



PEOPLE WITH  
**EATING DISORDERS**  
WILL GET BETTER  
WHEN THEY'RE  
**GOOD**  
AND  
**READY**

4

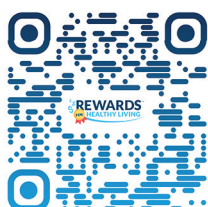
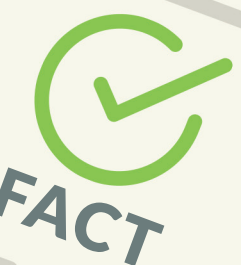
THEY MIGHT NOT  
**REALIZE**  
OR WANT TO ADMIT  
THEY HAVE A  
**PROBLEM**  
UNTIL IT'S TOO LATE



THERE'S **NOTHING WRONG** WITH  
FOLLOWING  
**FAD DIETS**  
OR  
**STRICT RULES**  
ABOUT EATING

5

CONSTANT, COMPULSIVE  
**DIETING**  
IS OFTEN AN  
EARLY SIGN OF AN  
» **EATING DISORDER** «



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