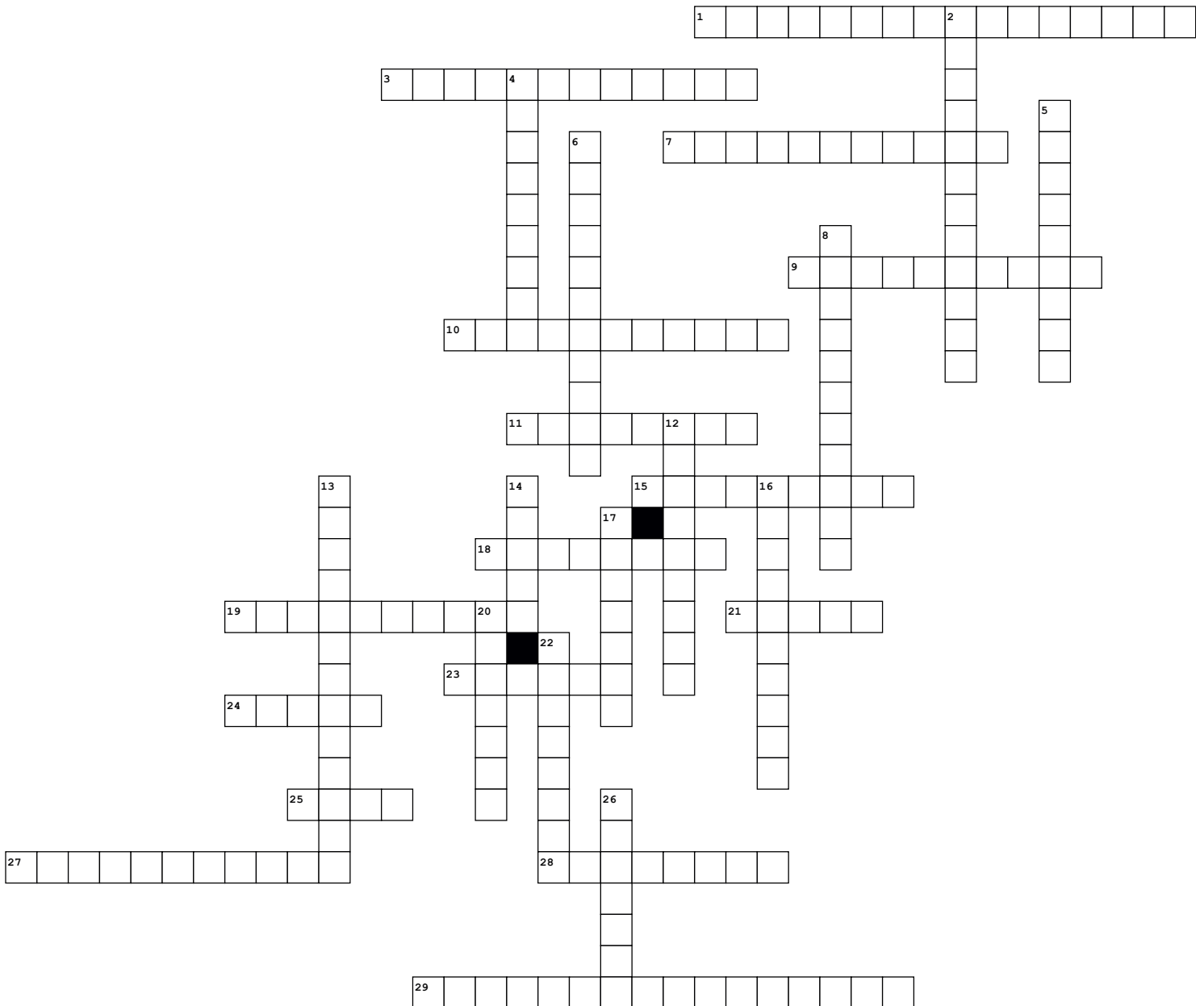


# Body Image and Eating Disorders



## Across

1. both anorexia and bulimia can lead to this negative health issue
3. when one does not eat properly or does not drink enough water they may get this negative health problem
7. to sleep well it is important to turn these off at least an hour before trying to sleep
9. people with anorexia and bulimia are afraid that this will happen if they eat

## Down

2. these kinds of drugs that people get from doctors can become addictive if they are not taken in the right dose
4. these types of events early in life can lead to substance abuse
5. these can be used to help with bowel movements but can also be abused for weight loss
6. making harmful or harsh comments about another person's appearance

10. this is a major contributor to people have issues with their body image
11. using this drug too often at an early age can lead to mental health problems later in life
15. using drugs or alcohol too frequently can lead to this
18. eating too little food on purpose to try and lose weight
19. this is a disorder that involves people struggling to breathe while sleeping
21. getting the right amount of this each day can help people feel better about themselves
23. before starting any diet you should speak to this professional
24. this eating disorder is an acronym for people avoid food intake
25. reducing calorie intake or different types of foods to try and lose weight
27. eating large amount of food and eating quickly to cope with feelings or mental health issues
28. developing this can help people feel more positive about themselves
29. getting this everyday can help maintain healthy body weight and positive self-esteem
8. taking laxatives can cause this negative health affect
12. the way a person sees themself
13. drinking large amounts of alcohol in a short period of time
14. people who binge eat sometimes end up with this sleep problem
16. using any substance too much can lead to these types of behaviours that cannot be controlled
17. this is one of the reasons people with ARFID do not like to eat food
20. this may happen to the teeth of people who force themselves to throw up after eating
22. these chemicals can be taken to help heal the body or grow muscles but can have extremely negative effects on your health
26. overeating and then trying to throw up or use laxatives to purge the food that has been eaten