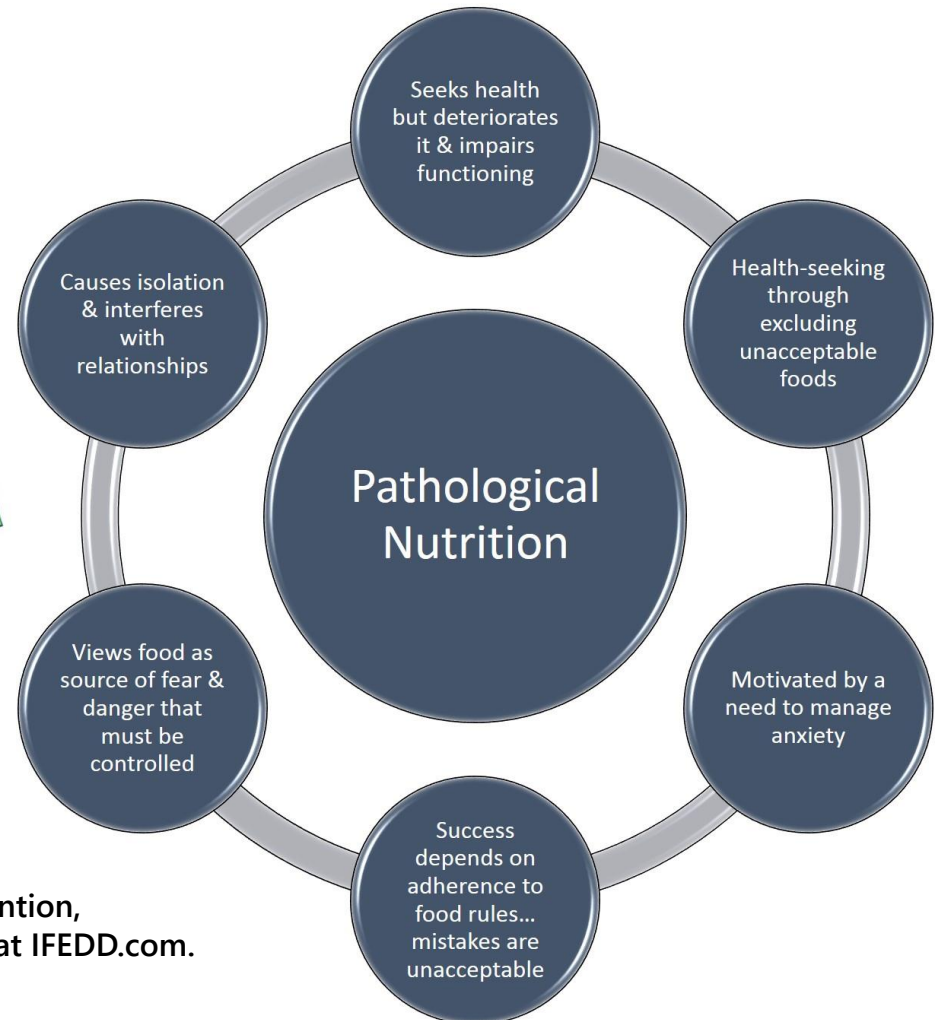
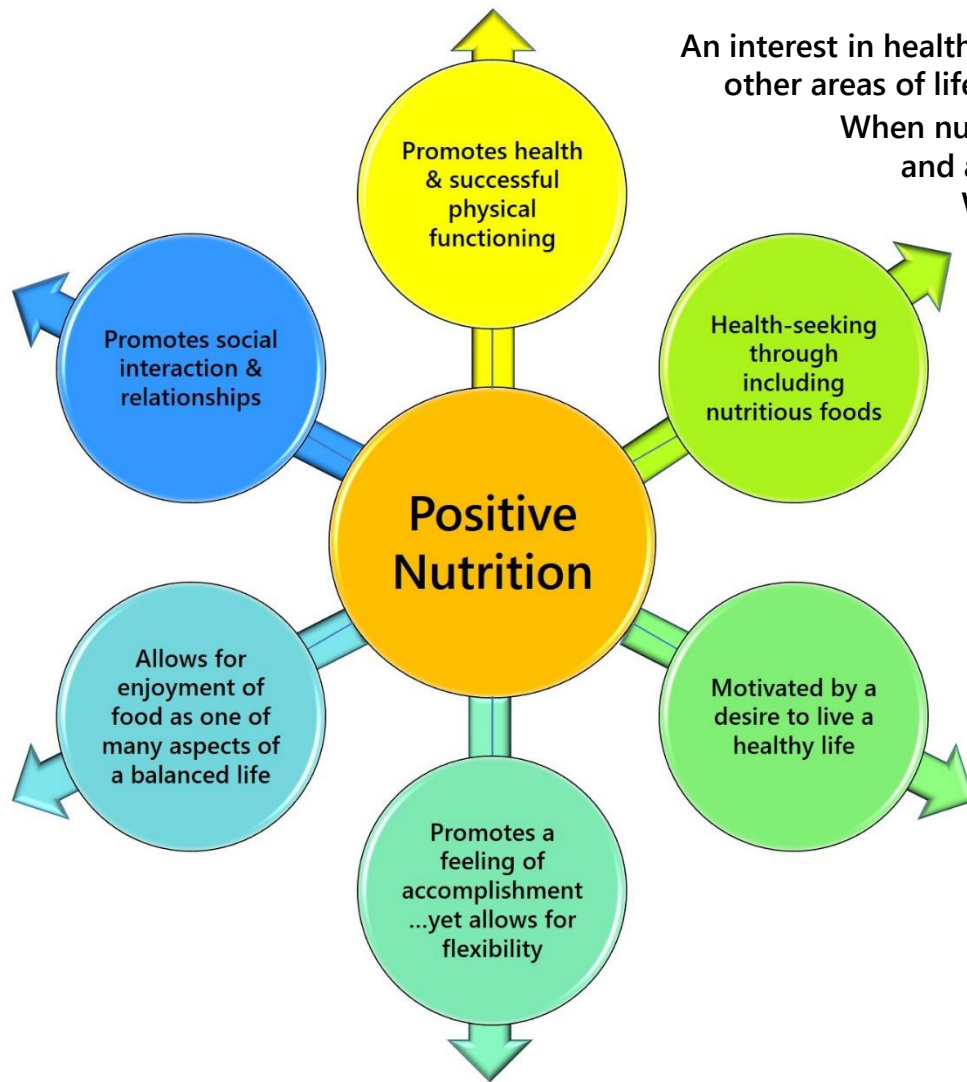


Understanding Orthorexia --- How can healthy eating be bad?

An interest in health becomes a danger when it crowds out other areas of life or masks worries that can't be solved by food.
When nutrition is positive, it expands your horizons and accentuates the joy in life.
When nutrition is pathological, it isolates you and drags you down.



Nutrition is one part of a happy and balanced life.
When thoughts about eating control your time and attention,
it's time to ask for help. Find a dietitian in your area at IFEDD.com.