## Nourishing minds exploring the depths of eating disorders

## **Dr. Pramudie Gunaratne\***

## ABSTRACT:

Eating disorders are complex mental health conditions characterized by unhealthy eating habits that can have

eating disorders, their causes, symptoms, and potential treatments. By understanding the complexities of these disorders, individuals can seek help and support to overcome them, leading to improved overall well-being.

## **KEYWORDS:**

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