[](http://4.bp.blogspot.com/__N6goPr1GCY/TOR8RlwL0iI/AAAAAAAAAEQ/7aEMUgim8tY/s1600/anorexia.jpg)

Once upon a time, I knew exactly what I wanted to do with my life. I was a Dietetics major, and I was convinced that I was going to continue on to become an R.D. at a rehab clinic. Specifically, I wanted to work with children who have eating disorders.

Even though that dream is dead and buried (thanks to my complete lack of math and science skills), I'm still intrigued by eating disorders. They are diseases unlike any other; they sneak in and grip the mind without anyone noticing at first. They are incredibly interesting, and I've always wanted to understand them better. Needless to say, I was pretty excited when E! came out with a show about the road to recovery for those who have an eating disorder.

Overall, the show is pretty interesting. It features all aspects of disordered eating, from anorexia and bulimia to binge eating (one girl seriously eats out of the trash) and eating chalk (wtf?!). One episode, however, reeeeally bothered me. It showcases the problems of a mom named Nicky who isn't anorexic...or bulimic...doesn't binge eat...doesn't eat weird foods...

So what's her problem?

She's afraid of cupcakes.

...Really? So now refusing to eat high-sugar foods (which I consider a **good** thing) is considered "disordered eating"? *Puhhhlease*. And when she hams it up for the camera during the "cupcake challenge"? Come on. No one believes that shit. We get it, you're skinny and you don't like sugary foods. That doesn't mean you have an eating disorder.

Here's my point, kids: eating disorders are serious. I have friends that have them. It's a nightmare for them. I also know there are people out there, especially young teens on the internet, who are just going through a phase and "trying" to be anorexic or bulimic. The truth is, though, that you can't just "become" that way; people who *actually* have a disease like anorexia or bulimia would probably give an arm and a leg not to have those problems in their lives.

That's why it bothers me when people like Nicky do stupid shit for attention. Fine, go ahead and try to starve yourself or whatever. The fact of the matter is, if you can look at food without being deathly afraid of eating it, you're not anorexic. If you don't suffer from severe binge/purge episodes, you're not bulimic. Stop making a mockery of my friends and the sufferers around the world who really do wake up to a struggle every day.

Thanks.