

Eatings disorders linked to genes

There should be no guilt or shame with an eating disorder. These feelings are common. But new research tells us that genes play a big role in anorexia nervosa and bulimia. "There has been a pretty major shift in the way we understand the causes of eating disorders," says Dr. Howard Steiger, director of the Eating Disorders Program of the Douglas University Institute in Montreal. "The old view was that eating disorders resulted from family dynamics. Fingers were pointed at mothers who dieted or were over-protective."

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