

Ciara Bedke

Human Biology 1090

Taking Sides

Issue number: 3 Can an Overemphasis on Eating Healthy Become Unhealthy?

The author of the yes side is Lindsey Getz. Getz wants to make a disorder she and others call 'orthorexia' known to the public. Orthorexia is a disorder many dietitians and doctors are concerned about. It is when a person becomes over obsessive with eating to healthy.

The author of the no side is Chris Woolston. He believes that Americans have very poor diets and that obesity is becoming an epidemic. Woolston wants to make people aware of how bad and unhealthy our diets have become and that we need to work on eating healthier.

One fact that I found was very interesting was how Dr. Steven Bratman said, "Many of the most unbalanced people I have ever met are those who have devoted themselves to healthy eating". Another fact that Getz brought up in her argument was how orthorexia is a eating disorder because it includes someone obsessing about food and eating habits. On the other side Woolston talks about how Americans diet have changed drastically and we consume about 304 calories extra on average than 25 years ago. He also brings up the fact the with our culture now days fast food and unhealthy snacks are what seem to be convenient and easy.

Getz believes many young children may develop bad eating habits at an early age from watching their parents. She also states in her side, that you should look for warning signs such as, ritualistic dieting and says it may lead to orthorexia. Woolston believes that the family dynamic of Americans has changed how they eat. He says instead of sitting down for dinner they grab something quick and less healthy. He also says that Americans have a "carnival mirror" and love eating red meats and fatty foods.

Lindsey Getz seemed to lack reasoning when it came to having worked with many people with this disorder. She states that she knows of people who have worked with people who have orthorexia but doesn't seem to have worked with many herself. She also doesn't have full validity on her topic because it is not a real diagnosed disorder.

Chris Woolston seemed to lack reasoning because I wasn't quit sure what role he played in being involved in Americans and their diet. He seemed to have a strong opinion on the topic but didn't seem to have reason it really affect him.

The author that impressed me the most was Getz. She seemed to have information to back up her side. She seemed genuinely concerned about the topic and wanted to help the public who suffers from the disorder. She also wrote the information to keep my attention and keep me involved.

I believe that Lindsey Getz might be bias because she states she once suffered from obsessing about eating healthy. I think that made her more concerned on the topic and feel a certain way about it. I also believe Chris Woolston was some what bias because he is a health writer and believes everyone needs to be more healthy. Therefor, I don't think you can eat "too healthy".

I personally believe that both sides bring up valid points. I do however agree with Lindsey Getz. I think that recently with how bad the issue of obesity has become there have been huge advertisements and attention on getting fit and eating healthy. I think there are some people who take it way to serious to the point it takes over their lives. I believe it is an actual disorder because peoples mind set is not healthy and neither are their eating habits. It is good to have a healthy diet but when you cannot eat one "unhealthy" item and all you think about is what you eat it becomes unhealthy.