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1. Anorexia nervosa

Causes:

It is an eating disorder that is caused by psychological conditions. In an attempt to prevent weight gain, people will severely restrict what they eat.

The person will try to control calorie intake by vomiting after eating or misusing diet aids.

The person may also try to lose weight through excessive exercise.

Symptoms:

Physical symptoms include: unhealthy weight loss; low energy; constipation; insomnia; low blood pressure.

2. Bulimia nervosa

Causes:

It is an eating disorder that is caused by psychological conditions.

Bulimia is characterised by episodes where a person binge eats.

This person does not have control over the eating habits and then tries to lose weight in an unhealthy way.

It is including self-induced vomiting, fasting, misuse of dietary aids, compulsive exercises and enemas.

Symptoms include:

- **obsession with body weight;**
- **compulsive exercise;**
- **damaged teeth;**
- **sore throat;**
- **depression and mood swings.**

3. Stomach ulcers

Causes:

There are two main causes, namely the infection of the H. pylori bacteria or the long-term use of certain painkillers. There are risk factors that may cause you to develop a stomach ulcer easier, such as smoking or regularly drinking alcohol.

Symptoms include:

- **dull pain in the stomach;**
- **weight loss;**
- **no appetite due to pain;**
- **nausea and vomiting;**
- **heartburn.**

4. Diarrhoea

Causes:

Infectious diarrhoea is most probably caused by viruses that is passed from one person to the next, or by eating food or drinking water contaminated with the virus.

Symptoms:

Repeated defecation of watery faeces;
dehydration; dry mouth; abdominal
pain and cramping; lack of energy; vomiting.

5. Liver cirrhosis

Causes:

Some causes are chronic alcohol abuse, hepatitis, obesity, poorly-formed bile ducts and certain infections.

Symptoms include:

- **fatigue and weakness;**
- **lack of appetite and weight loss;**
- **nausea; skin and eyes turn yellow;**
- **palms turn red or nails turn white.**