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Word of the Day – **Anorexic**

Transcript

The word of the day today is **anorexic**. **Anorexic** is an adjective. This word is used to describe someone who is exceedingly skinny. This could be a result of being affected by **anorexia nervosa**, which is a serious condition where you do not eat for prolonged periods of time, which is unhealthy and dangerous. Often, young women are affected and described as being **anorexic**.

For example, let's say you have a friend that wants to become a fashion model. She is concerned about her weight and wants to be as thin as possible. Surrounded by other aspiring models, she is often fixated on her looks and how she compares to the others. You think she is already quite slender, but she has suddenly lost even more weight. Your friend often skips meals and you rarely eat together anymore. She is so **anorexic** now that you are concerned whether she may have to be treated for help.

In another example, let's say you are backpacking across Europe. You have packed all the necessities and you are looking forward to seeing the sights. However, on the second day of your trip, all of your belongings are stolen. You are at a loss. You struggle for a few days trying to get your provisions back and to connect with friends and family. During that time, you have lost significant weight. It's as if you are **anorexic** when your friends see you again. While you are far from being razor-thin, relative to your normal body weight, your weight loss is marked.

I hope you find this word useful in expressing your thoughts more clearly. For more information you can find the script on our website.