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Stomach issues

Eating disorder: feeling guilt and shame. When the world today hears the word “anorexia” people think underweight, all bones, and no muscle. Many people believed that when they saw how much weight I was losing and how skinner I was they all just thought “yeah she definitely has an eating disorder” or “she isn’t eating enough, in my case none of those rumors were true. Just the start of my sophomore year of high school, first day of school, I experienced extreme nausea and had the worst stomachache and ended up missing the first two weeks of school. Many rumors stated going around after I came back and most of them assumed that I was in a treatment center since I was gone for so long and was looking skinner than before. These are type of people that the world has made us to be and make us just jump to the worst possible reason and everyone must tell everyone right away. I would have to say that these rumors where not right, people with good bodies can workout and train a lot, have other issues going on, looking unhealthy, and should be allowed to be comfortable in their own body.

Volleyball: intense, hard, running, diving and screaming. This is the sport I play and the sport I love the most. I’ve been playing this sport since I was about 12 years old and from the moment, I hit a volleyball I was in love with the sport, the excitement of winning the point, the close matches and beating a team that you were supposed to lose to is the best feeling. When I started playing I went to a club that was a small club and didn’t have very many girls or very many teams. After my freshman year of high school I moved to a different club team in maple

grove, I went from practicing for two hours twice a week to practicing three hours three times a week and having tournaments every other weekend, plus having strength training after the practices. After joining this club, I started losing more weight because during a game of volleyball you could lose up to 600 calories in one hour of playing which is a lot for when I was practicing for 3 hours. This is when some of the rumors started: “she is losing a lot of weight” or “are you sure she is eating enough” hearing those words come out of some of my family members’ mouths was very discouraging since I knew I was working out and definitely eating more since I started playing here. Knowing that all these rumors were going around, it was hard for me to keep playing even though I loved this sport so much, I knew that this could be impacting my health, even though I was losing weight I knew that I was getting enough calories and protein in my foods, and I made sure that I kept drinking as much water as I needed plus more. However, from my perspective, some people have very fast metabolism and people losing weight is not a bad thing at all and most people can be losing weight and still be very healthy. I’ve understood that losing weight is not always good for people at my age but some people should consider asking or learn that even though they may be losing weight doesn’t mean that they are unhealthy or they have an eating disorder because these words can affect people’s mental health’s.

Another thing that has affected my weight was that in my sophomore year of high school started experiencing many episodes of feeling nauseas and having the urge to throw up whenever you left the house. After missing the first week of school because of these problems my mom decided it was time to figure out what was really going on with my stomach before taking me she said “you just have anxiety about school” or “you just don’t want to go to school” I felt very hurt by these words because I didn’t mind school and I actually wanted to go to school or I could play

volleyball and see all of my friends again. Many doctor appointments later and many blood tests and many scans of my stomach, the doctors found nothing, they were very unsure on what was going on. I finally decided to do all of my classes online so that they could figure out and do more tests to see what was going on, they sent me to a food allergist and after those tests they found nothing. My doctor finally asked “are you just having anxiety about school” or even “do you have friends at school.” Many weeks went by and they still found nothing, at this point I was also losing more weight but I wasn’t losing enough weight for the doctors to be concerned, finally we decided to go to a stomach specialist call MNGI which stands for Minnesota Gastroenterology, P.A. here they decided to do more blood tests and did a trial on some medications to see if these would help. Finally after over a year worth of blood test, scans and doctors appointment, they think they have found two medications that have been working helping me reduce the amount of stomachs I have. Many of these assumptions have definitely impacted me and has made me view other women with these types of problems differently because many people don’t know the full situation and they just assume the worst case possible.

Another common point of view people have with women and men looking skinner is that they look unhealthy and unattractive, which I think this common assumptions is wrong, because your beauty should not be based on how much you weigh and what your body looks like. I have experienced many situations like this with men but also women. Girls often feel that they can’t be with someone who is underweight and don’t look like the perfect person with the perfect looking body. Many guys have also looked at women this way, many of them believe that they can’t be seen with an underweight or overweight person because then they would feel that people would shame them or not think as highly of them. I feel that if you are looking for someone to spend the rest of your life with it shouldn’t be able what their bodies look like it should be about

their personality and how caring they are. I also feel that no matter what your body looks like you shouldn't be judged on what you wear. Another assumption many people like to make is that if you are underweight or overweight you should not wear anything that shows your skin or show anything that reveals your body.

Briefly, I've come to the conclusion that being an underweight person in this world feels like being the odd butterfly in the pack because everyone will judge you no matter what and they will spread all the rumors that they want before they actually know what is going on. After writing this essay I learned that people in this world are very judgmental, and you shouldn't have to hide your body in this world, and you should feel confident in whatever you want to wear. After all the judgment, comments and rumors that I have experienced I hope that me explaining my story will help other people in this world make less assumption and spread less rumors about people until you know the whole story and what they are going through.