

## [Liarexics: Why do women always fib about how much they eat?](#)

Consultant: Dr Yoram Inspector

Daily Mail, 4<sup>th</sup> July 2011, Hilary Freeman

Dr Yoram Inspector, an [Eating Disorders](#) Consultant at Capio Nightingale Hospital shares his view on [Liarexia](#) and, reasons and consequences of the problem.

The term [Liarexia](#) refers to the habit of hiding one's original food habit/ diet in public. In other words privately dieting but publicly piling their plates. Liar-exics'- women who order huge portions of food when out with others, but dramatically restrict their portions in private. The trend is more prominent among the female celebrities but ordinary women are increasingly copying this behaviour. Researches have found that 33% British women admit to lying about their weight.

Dr Inspector also explains that this phenomenon is directly related to the values of modern, western society. [Please read full article](#)

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