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Palabras-Clave

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Abstract:

In this article, the author analyses bigorexia, a pathology characterized by the excessive preoccupation with the appearance of the physical body (soma) for imaginary or irrelevant motives. Through a correlation of the theme with 11 specialties of Conscientiology, the author exposes symptoms and characteristics of this disorder, its consequences for the bigorexic consciousness, the prophylaxis regarding the illness, and the procedures for its remission.

Resumo:

Neste artigo, analisa-se a *bigorexia*, uma patologia caracterizada pela preocupação excessiva com a aparência do corpo físico (soma), por motivos irrelevantes ou mesmo imaginários. O autor expõe os sintomas e características deste transtorno, suas conseqüências para a consciência bigoréxica, a profilaxia quanto à doença e os procedimentos para sua remissão, mediante uma correlação do tema com 11 especialidades da Conscienciologia.

Resumen:

En este artículo, se analiza la *bigorexia*, una patología caracterizada por la preocupación excesiva en la apariencia del cuerpo físico (soma), por motivos irrelevantes o incluso imaginarios. El autor expone los síntomas y características de este trastorno, sus consecuencias para la conciencia bigoréxica, la profilaxia con respecto a la enfermedad y los procedimientos para su remisión, mediante una correlación del tema con 11 especialidades de la Conscienciología.

Definition. *Bigorexia* is an organic dysmorphic disorder or mental illness characterized by a preoccupation with a small or imaginary defect in somatic appearance.

Synonymy: 1. Reverse anorexia; *bigarexia*; muscular dysmorphia. 2. Sickly physical-culturism.

Neologistic. The word *bigorexia* is a technical neologism of Psychiatry.

Antonymy: 1. Anorexia nervosa. 2. Auto-phagia. 3. Bulimia.

Colloquialism. In terms of a colloquialism, bigorexia is called the "weightlifter's enemy syn-

drome".

Analogy. Among the people who suffer from mental disorders, the bigorexics relate their sufferings in a way similar to those who have the following 4 pathological conditions, listed here in alphabetical order:

1. Anxiety.
2. Depression
3. Eating disorders.
4. Obsessive-compulsive behaviors.

Antagonism. Muscle dysmorphia is a pathological condition that is exactly the opposite of

anorexia nervosa.

Subtleties. A subtlety that is worth observing is that bigorexics are capable of continuing to exercise physically even after, for example, they have dislocated a shoulder.

Statistics. Today, year 2000, it is calculated that among about 10 million people who are excessively worried about their body weight, 1% or 10 thousand intraphysical consciousnesses suffer from muscle dysmorphia.

Specialties. Here are 11 specialties of Conscientiology, enumerated in alphabetical order, which provide information to improve our understanding of bigorexia:

01. **Coexistology.** From the point of view of Coexistology, bigorexia evidences two realities:

A. **Sex.** Bigorexia affects both men and women.

B. **Stereotypes.** Men are more vulnerable due to the *social stereotypes* that make it necessary for males to present themselves with visible musculature or the *big and strong androsoma*.

02. **Conscientiotherapy.** The remission of bigorexia is achieved in two ways:

A. **Brain.** From a specifically organic point of view, through using a substance that neutralizes serotonin.

B. **Mind.** Formation of neosynapses through consciential hygiene.

03. **Existential Programology.** Within the ambit of Existential Programology, bigorexia has been annihilating countless *promising existential programs* in several countries since the eighties, far before it was identified and classified as a pathological entity defined within the records of Nosology.

04. **Existential Recyclology.** Within Existential Recyclology, the bigorexica is one of the intraphysical consciousnesses who urgently needs intraphysical recycling, having in view their necessity of creating *neosynapses* regarding their own brain, and inevitably their cerebellum, due to psychomotricity. The intraphysical recycling, in this case, promotes the prophylaxis of existential incompleteness.

05. **Experimentology.** According to Experimentology, here are 12 *signs or symptoms* characteristic of the person who has bigorexia, listed in natural order:

A. **Scale.** They check their body weight on the scale two or three times a day, always unsatisfied.

B. **Mirror.** They examine their soma in the mirror in detail a dozen times a day.

C. **Clothes.** Even on the hottest day of summer, they wear unsuitable, heavy clothes to cover their body because they feel skinny.

D. **Diet.** They never eat in restaurants due to the excessive attention paid to a strict diet to increase their muscles.

E. **People.** They are always worried about what other people could be saying about their *skinny*

condition, a false supposition regarding their somatic appearance, whether androsomatic or gynosomatic.

F. **Self-esteem.** They maintain an accentuated fall or frank decrease in self-esteem.

G. **Self-image.** They feed a completely distorted self-image of somatic reality.

H. **Therapeutics.** They refuse to seek adequate treatment with psychiatrists, psychologists, conscientiotherapists or other professionals from the mental health field.

I. **Exercise.** In the condition of athlete or sportsman/woman, they spend long hours, every day, lifting weights or *working out* on exhaustive, excessive and endless exercises at gyms.

J. **Sociability.** Their concern about the soma ends up generating conflicts, damages and problems in their professional life and social circle.

K. **Exposition.** They avoid situations in which their human body needs to be publicly exposed.

L. **Health.** They continue working out compulsively, they are on a strict diet to gain weight and, in certain cases, they use anabolic steroids, even when they know that this use is affecting their health and well-being.

06. **Holomaturology.** According to Holomaturology, there are *rational limits* for that which is concerned with the health of the soma, even with regard to physical exercise.

Techniques. There are useful techniques for everything in modern life, and these techniques present limits in their procedures.

Resoma. Intraphysical life is always limiting due to the *resomatic funneling* of the intraphysical consciousness.

07. **Mentalsomatics.** As Mentalsomatics clarifies, the reluctance of the bigorexica in treating themselves properly and at the appropriate time shows the deplorable condition of their crass ignorance regarding *evolutionary intelligence*.

08. **Parahistory.** Regarding Parahistory, bigorexia was only detected and classified in the condition of a nosological entity in the beginning of the *XXI Century*.

09. **Parapathology.** Through the optics of Parapathology, there are bigorexics who consider themselves too skinny, no matter how big or strong their somas are, have the tendency of exercise excessively, and end up hindering their lives, even interfering in the maintenance of their *professional jobs* and health.

10. **Paraprophylaxis.** Through the analysis of Paraprophylaxis, there are more common characteristics among the people who evince that they run the risk of becoming compulsive regarding excessive exercise, a condition that can lead to bigorexia, such as the following 8 indications or signs, listed in a natural increasing order in regard to

the occurrences:

A. **Load.** Execution of uninterrupted physical exercises at least 6 times a week.

B. **Self-guilt.** When the person does not do the exercises, they feel nervous, guilty.

C. **Interest.** Their interest in other intraphysical activities diminishes.

D. **Leisure.** Somatic exercises become their main source of recreation or leisure.

E. **Endorphins.** The intraphysical consciousness experiences a high level of pleasure during the practical sessions, in this case already dominated by endorphins, the cocaine of the soma.

F. **Monothosene.** The person frequently talks about their physical activities as a fixed idea or monothosene.

G. **Stylistics.** Their daily routine and lifestyle begin to revolve around exercise or the gym. The subjection of the consciousness to the vitalized matter of their soma occurs.

H. **Somatics.** The soma, that is, Somatics, becomes the motherthosene of the personal holothosene of the intraphysical consciousness.

16. **Somatics.** According to the concepts of Somatics, legions of gym-goers and bodybuilders are victims of *existential incompleteness* only because of bigorexia, and this is the motive for being the subject treated here, in detail, in the form of a general alert.

Correlations. Besides the subjects broached in this essay, here are 20 other themes, listed in alphabetical order, which can enrich the study of the researcher who is interested in deepening the investigations regarding bigorexia:

01. Abuse in the employment of energies.
02. Anomaly.
03. Anthropolatry.
04. Anti-anatomy.
05. Anti-somatic attitude.
06. Autophagy.
07. Bioenergetics.
08. Consciential ectopia.
09. Ectopic weak trait.
10. Egocentrism.
11. Evolutionary prioritization.
12. Excesses.
13. Human animal.
14. Manias.
15. Self-destruction.
16. Self-intrusion.
17. Self-preservation.
18. Self-suggestion.
19. Somatic anti-stigma.
20. Threats to the soma.

Interdisciplinarity. Among other disciplines, Bigorexia presents a more direct connection with the following 10, listed in alphabetical order:

01. Androsomatics.
02. Anthropology.
03. Conscientiotherapy.
04. Holosomatics.
05. Macrosomatics.
06. Physical-culturism.
07. Psychiatry.
08. Psychology.
09. Psychotherapy.
10. Somatics.

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