

TRANSCRIPTION

You've heard of sex addiction, gambling addictions and alcohol addictions, but there are a few compulsive disorders you may not have heard of. If a behavior interferes with your life and you can't seem to stop acting on your obsession, no matter how negative the consequences, you could have an addiction. Consider these unusual, but no less real, addictions: You've heard of sun worshippers, but some people take it to the extreme. We call them tanorexics in the tabloids, but some people really do develop a tanning dependency. Spending time soaking up UV rays from the sun or tanning beds produces endorphins - feel-good chemicals that can give us a sense of euphoria. People may even exhibit withdrawal symptoms like nausea and dizziness when they try to quit their sun habit. Plus, people who are addicted to tanning can't stand to see their skin go pale. It makes them feel less attractive. The solution to that part, at least, can be tackled with self-tanners. Some people can't stop using nasal spray. After a few days of use, your nose no longer responds to the medication as well, and you need more of it clear your stuffy nose. When you stop using it, your nose can become congested again, so you use more and more of it, until you can no longer stop. An addiction to reading might seem like a healthy thing, especially with literacy rates so low but people stuck on books lose sleep and even stop going to work. Can't stop chomping on ice cubes, popsicles or even dirt? A disorder called Pica could be to blame. People often develop this unusual fascination for eating odd things because of an iron or mineral deficiency. Those "Crackberry" addictions, believe it or not, are real. How do you know if you have a bona fide problem with putting down your phone? Ask yourself the following questions: can you leave it at home? Does it get in the way of relationships? Are you sneaking behind a loved one's back to check it? Experts say that an addiction to your phone, iPhone or Blackberry or some other smart phone could stem from the desire to feel important or needed. Beauty may be in the eye of the beholder, but what if you are never satisfied with your look? Some people like reality TV star Heidi Montag develop an addiction to plastic surgery. Montag at age 23 has already gone under the knife twice and had 10 procedures done in just one day. The star was quoted by People magazine as saying, "I'm beyond obsessed". These are usually perfectionistic people or those with body dysmorphic disorder. This is a psychological condition where people have a completely distorted perception of how they look. Most addictions can be successfully treated. If you or someone you know is affected by an addiction talk to a mental health professional.