**Seven Different Types of Hunger**

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| **Type** | **Meaning** | **Example** | **What ED does with this type of hunger?** |
| **Stomach Hunger** |  |  |  |
| **Cellular Hunger** |  |  |  |
| **Nose Hunger** |  |  |  |
| **Eye Hunger** |  |  |  |
| **Mouth Hunger** |  |  |  |
| **Emotional/Heart Hunger** |  |  |  |
| **Mind Hunger** |  |  |  |