

HOW TO Conquer Emotional Eating

DISCOVER
THE HIDDEN
SECRET WHY
THE LATEST
FAD DIETS
DON'T WORK

LEARN THE
7 TRIGGERS
THAT CAUSE
EMOTIONAL
EATING



LEARN A LITTLE KNOWN WRITING TECHNIQUE TO BANISH FOOD CRAVINGS FOREVER

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Introduction



Why Can't I Stop Feeling This Way?

It happened again.

You've come home from a hard day at the office or a hard day at school and all you want to do is relax. You go to the refrigerator, and get yourself a little snack, but before you know it that little snack spirals out of control.

You wake up in the middle of the night your friends or family than the business proposal coming up always been weighing heavily on your mind. You need just a little something to calm your nerves.

Final exams are coming up. Your boyfriend or girlfriend is causing trouble.

Does any of these situations sound even remotely familiar to you? When you are confronted with emotional stresses like these are you tempted to eat a lot?

Binge also known as emotional eating is a recognized psychological and physiological problem. This special report will help you crack the code on the seven triggers that cause this condition.

The information presented, will enable yourself or a loved one to conquer this destructive behavior. You will also discover how your relationship with food is causing you to overeat. Finally you will learn the mind-blowing real secret to losing weight and keeping it off for good. Just a little hint: It's not a diet!

So let's begin.

Why The Weight And Emotional Struggle?

You probably know these feelings all too well. Being frustrated with trying to lose weight but not getting results. It seems like you do everything right to control your diet but then wham a food craving hits you!

No one seems to understand what you're going through. You constantly deal with the criticism that you are just being lazy and need to eat better and exercise, but you tried all these things before. You eat because you're unhappy, but you can't seem to stop. It's the feeling of being on a giant emotional roller coaster, and you just want to let out a scream.

Why will this weight, and emotional struggle not just leave you alone? Well, when you develop a routine of eating foods that you know are bad for you. Then try to go cold turkey, these new foods don't hold the same taste, or appeal as the one's you enjoyed so much in the past.

This is the exact perpetual cycle an emotional eater goes through when they try to withdraw from foods that seem to have a tight grip on them. This is why you experience that extreme inner turmoil trying to stay on one of those low-calorie diets.

It's important to note, we are not saying binge eating is caused by eating "foods that are bad for you." Instead as we will discuss throughout this report. There are certain emotional responses that trigger your eating and craving cycle. These responses make you look at some foods in a different light.

First let's discuss who exactly is a binge eater?

Definition of Binge Eating

A binge eater is a person who eats excessively when they feel tense or bad about something. However, their habit does not bring them relief, instead it makes them feel worse. This disorder affects both genders and is wider spread than bulimia and anorexia.

In this type of disorder, the affected person eats out of compulsion losing their control. Large quantities of various types of food are consumed, during the binge.

The indications of binge eating disorder appear during late teenage and early middle age. Usually, the attacks of binge eating occur after major meals.

Normally, a binge eater may take around two hours when starting their next meal. However, this varies from person to person, and some people may go on eating for the entire day. These people eat even if they are not hungry, even if they have already filled their tummies with a considerable amount of food. They do not actually feel taste or hunger for eating.

Here are some main characteristics of binge eating disorder:

- ❖ **Recurrent fits of overeating.**
- ❖ **Extreme disturbance after these fits of overeating.**
- ❖ **Contrary to bulimia, there are no instant solutions to binge eating through vomiting or fasting, etc.**

The binge eater goes through feelings of hatred, despair and guilt regarding their eating habits. Sometimes they even beat themselves for losing self-control during these fits of overeating. It means they want to shun this habit. However, they lack will power to do so.

Nasty Cycle of Binge Eating

Binge eating may give relief to its victims for a very short period, but then suddenly the victim feels that he is back to the real world with the unhappy feelings and hatred for himself. It is sure to lead to fatness and excessive weight resulting into obsessive eating. The situation becomes paradoxical; the more overeating troubles a binge, the more he eats making the situation even worse for him. He eats to get rid of tension and eating more increases his tension.



Indication And Symptoms Of Binge Eating Disorder

A person who is suffering from this disorder mostly feels guilty about their overeating. They often eat when they are alone so that other people do not learn about it. Therefore, most of the binge eaters are overweight. However, in some rare cases they do not gain weight.

What are some signs to know if you or a loved has a binge eating disorder?

Below is a chart with six behavioral symptoms:



Below is a chart with six emotional symptoms:



To understand what shapes your eating habits please take the time to honestly answer "yes" or "no" to the following statements.

1. I feel hungry when one of the various emotions of anger, depression, anxiety, boredom or loneliness gets the better of me. ☐ Yes ☐ No
2. I avoid physical activities because of how I feel about my body. ☐ Yes ☐ No

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