

How To Put An End To Overeating - **FOREVER**

BINGE PR F Lifestyle



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Table of Content

Introduction	5
Chapter 1: Terrifying Facts Food Companies Don't Want You To Know.....	8
The Lack of Self-Sufficient Food Source.....	9
Lack of Nutritional Education	10
The Monopoly of Food Manufacturers	11
Chapter 2: The Science Behind Overeating	14
The Brain of an Overeater.....	14
Distortion of The Natural Cycle.....	19
Chapter 3: The Signs of a Binge Eating Disorder or Compulsive Overeating	22
Typical Signs of Binge-Eating Disorder.....	22
Emotional & Behavioral Signs	24
Possible Health Complications	25
3 Therapies To Stop Binge-Eating.....	26
Chapter 4: The Reasons you're out of Control Around Food	28
Dark History of A Binge-Eater.....	28
Why Do We Binge?	31
The Physiology of A Binge-Eater	33
Chapter 5: Dangers of Overeating	35
Dangers of Excessive Protein.....	36
Dangers of Excessive Sugar	38
General Health Risks of Binge-Eating Disorder	39
Chapter 6: 10 Types of Overeating.....	44
Chapter 7: Strategies to Prevent Overeating.....	52
Information Equals Power.....	52
Taking One Step Back, Two Steps Forward.....	54

Anti-Binge Diet Strategy	55
Binge-Proof Hormones	58
The Leptin Feedback Loop	60
Avoid Junk Food (Before You Lose Control)	62
Chapter 8: Overcoming an Overeating Disorder	65
Strategies To Control What You Eat & When You Eat	66
Mindful Eating	70
Mindset Hacks To Stop Overeating	72
Conclusion	75

Introduction

Everyone eats to survive, but the type and quality of the food you eat have a tremendous impact on every aspect of your life, not only your physical and mental health. It's also a major factor in determining a person's life expectancy and whether you are likely to contract a major chronic illness, in this - the age of mass-produced highly processed junk food.



With all the chemicals present in today's food and also the increasing rate of inner emotional crisis in modern society, there's no doubt that more and more people are getting sick. People today get sick not only physically, but also psychologically. More people are suffering from problems such as depression, anxiety, frustration, anger issues, and low self-esteem. They're always looking for ways to escape their problems and fill that empty void in their hearts. And one of the most common ones is through destructive eating behavior - binge-eating.

Contrary to popular beliefs, binge-eating or overeating is not entirely the result of inner emotional and psychological issues. Reasons such as habits, eating patterns, body image, environmental factors and many others can trigger binge-eating. Above all, most people overeat simply because they have the urges to binge. So what is the science behind overeating or binge-eating, the dangers that come with it, and how do you put an end to overeating and take control of your health once and for all?

Soon you'll discover everything you need to know about Overeating and Binge-Eating Disorder.

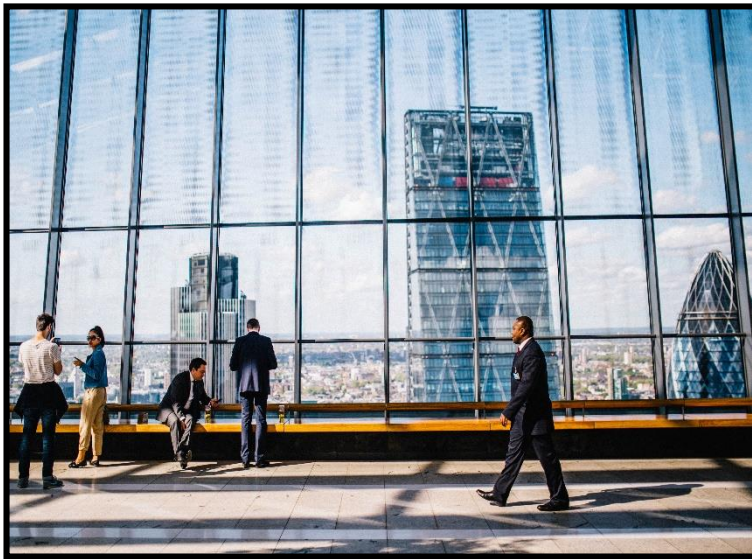
CHAPTER 1

TERRIFYING FACTS FOOD COMPANIES DON'T WANT YOU TO KNOW



Chapter 1: Terrifying Facts Food Companies Don't Want You To Know

It's not surprising that people are over consuming the wrong types of food these days. After all, who has a huge garden full of organic food, the time to tend it and then prepare healthy meals?



Most people today are caught in the 'rat race'. Our ancestors worked very hard to etch out a living, but their work was more directly related to their food production and living conditions, largely

hunters and gatherers. Any trading was done using things they had caught, killed or made rather than doing work that was unrelated to their basic survival. Our ancestors had little use of low nutrient foods.

The Lack of Self-Sufficient Food Source

Few people are now able to be self-sufficient and grow their own food. The vast majority of people have no choice, but rely on big food processors and manufacturers to provide the food they need, especially people living in large cities. Huge advertising campaigns by food manufacturers and distributors largely influence our food choices. A lack of nutritional education, misleading advertising, as well as decades of government departments and health advisors recommending the wrong types of food, has caused a huge decline in public health.

Most of the highly-processed food products that are commonly available are made of substances that should never be ingested. When you go into a supermarket or a convenience store, you'll find aisles and shelves packed full of food products that claim to be healthy and/or help you lose weight. They all have bright, inviting pictures, often of thin, smiling, healthy, young people or words that influence customers to perceive them as delicious, organic and healthy. These are all created by companies that specialize in promoting products and advertising to get you to buy them.

Lack of Nutritional Education

Unfortunately, nutritional education in schools is sadly lacking. Instead the schools often actively support poor eating habits. This is done by allowing unhealthy foods into school canteens and shops. An example is the public school system in America. Last year yet another disastrous decision was made, making it mandatory for all pasta served in schools to be fortified with Iron.

It's because many children are short of Iron, and an effective solution is needed to solve this problem. In fact, the pasta was the problem. Because it's made of bleached white flour that is high in calories and contains almost no nutrients, there's little difference between eating it and eating several spoons of sugar. The added iron is derived from industrial waste and not in a form the body can readily absorb when eaten and is, in fact, harmful. When this is washed down with soda, fruit juice or flavored milk, all of which contain huge amount of sugar, it is understandable why people are putting on a lot of weight. In the western world, many people, including children, are becoming obese.

The Monopoly of Food Manufacturers

Another example of how the food manufacturing industry is controlling food and the way we look at our food is gluten sensitivity. This is a new multi-billion dollar industry, making and promoting gluten-free foods. Gluten is only one of the many proteins in flour. In fact, it's really a minor problem. The main problem is the chemicals that are used to grow wheat, especially GM wheat and glyphosate.



Little did they know is that the most harmful food to children (and everyone else) are the 'seemingly-safe' food that most people were raised on. Pediatricians often advise young mothers to feed their babies on infant formulas. But these are sugar, soy and chemical based.

A baby's digestive tract is not equipped to metabolize grains. It does not contain the necessary enzymes to break them down into usable compounds. Because of the lack of salivary amylase to break down grains in the gut, these undigested grains can cause irritation to the gut lining and disrupt the good bacteria cycle. This is known to lead to grain and other food allergies later on.

Grain consumption can also act as an anti-nutrient. These properties can prevent a baby or infant from absorbing nutrients from other food. The body then craves for more foods, so more sugary foods are consumed. As a result, the body tries to turn these empty carbohydrates (sugars) into glucose and then into body fat.

CHAPTER 2

THE SCIENCE BEHIND OVEREATING



Chapter 2: The Science Behind Overeating

The Brain of an Overeater

To be able to eat is one of “Mother Nature’s” greatest gifts, along with smell and sight which are often all used together or combined to enrich the experience or the joy of eating. Everyone loves to eat. It not only provides your body with nourishment, but can also give you real and pure pleasure. Although eating is central to human being’s overall enjoyment of life, if not kept under control and at reasonable levels, it can get out of hand and become the source of many health problems and eventually a person’s undoing.



Eating is fundamental but also can be refined so that the way you eat becomes an extension of your lifestyle and enjoyment of life. It can be a single and solitary affair or can be done with a partner or even a group. It's a matter of learning and experimenting to gain the finer eating pleasures of life. Or, if you want, you can just fumble along and eat like a grazing cow, jumping from one bite to the next, constantly chewing, not knowing when to stop.

Some people like to take their time and enjoy every mouthful, while others eat rapidly and devour everything in front of them, never

pausing until every scrap is gone. This type of eating usually results in overeating and then binge eating.



If you're the type of slow eater who savors every bite, you will be in tune with your body and the different messages it sends to your brain. This mindful practice will allow you to truly savor

the taste and know how your body feels after every bite, so you will be able to stop eating when your body has had enough.

The body produces a hormone called leptin. This hormone tells your brain what your energy levels are at and indicates the necessity to eat more (take on extra fuel) or that you have had enough for the moment. Other hormones such as oxyntomodulin and peptide tyrosine are satiety hormones; they are released from your stomach and intestines, taking messages to the trigger receptors that alert your brain that you are now full and should stop eating. Basically, these hormones suppress your appetite and you'll no longer feel hungry. These messages are chemicals and take the

time to reach your brain, so if you eat too fast, these messages can arrive too late or you could miss them, causing you to overeat without knowing.

Sometimes, for some people, they don't receive these messages and so will continue feasting until their body can no longer take another serving. For people who habitually overeat or binge eat, these messages may never come because the delicate balance is totally disrupted. It's possible to totally transform the way your body reacts to food and feeling full by overeating. Moreover, consuming food that are full of chemicals and low in nutrients can confuse the signals and mess up your hormonal system.

This can have serious consequences that can affect your total wellbeing, change your body pleasure receptors, your body clock and lead you to a food addiction. When a person overeats, especially in excess, they'll start to feel tired, have no energy and become exhausted. This is just the opposite of what you had expected when having a good meal. This happens because your brain eventually receives a signal from your small intestine that you are overfull. The message tells your brain you urgently need to rest, allowing you to digest the huge amount of food you have eaten, then recover. Your

brain puts your body in a lethargic state, giving you the feeling that you need to lie down and rest. Your blood will be full of excess sugar, so your insulin levels will rise to remove this, causing your body to feel even more tired.



It takes a while for your insulin to remove the excess sugar, so it keeps producing insulin for a while after the sugar levels normalize as it takes time for the hormone to reach the brain and turn off insulin production. This results in losing too much sugar, which causes low blood sugar levels. Which in turn makes you feel tired and drowsy until your body recalibrates. At this moment, you'll

start to feel hungry and at risk of repeating the cycle. By keeping a cycle of overeating, needing to rest and recover, then overeating again, you are not only putting a huge strain on your body, but you are increasing your fat reserves.

Distortion of The Natural Cycle

Toxins are usually concentrated in fat reserves so you are actually adding more toxins as well as body fat. The natural cycle of eating and storing small amount of fat, then using it as energy is thrown out of balance when there are remaining fat deposits. As a result, it's possible to experience toxic overload.

Many of the destructive effects of overeating are not apparent to someone who habitually overeats. The obvious sign of being overweight is something that creeps up on you. If you don't carefully watch what you eat, you can notice an almost immediate change. Some other indications are that while your body is breaking down the excess food in your intestines and stomach it will produce a lot of gas that needs to be released from within. Sometimes this is in the form of burping and at other times flatulence.

Neither one is a particularly pleasant experience for others around you. A good natural home remedy to help with this is to chew on some ginger root. Acid reflux or heartburn is another common indicator of overeating. This is where some of the digestive juices from your stomach start moving toward your esophagus. A good home remedy for heartburn is to take some baking soda or cider vinegar

CHAPTER 3

THE SIGNS OF COMPULSIVE OVEREATING



Chapter 3: The Signs of a Binge Eating Disorder or Compulsive Overeating

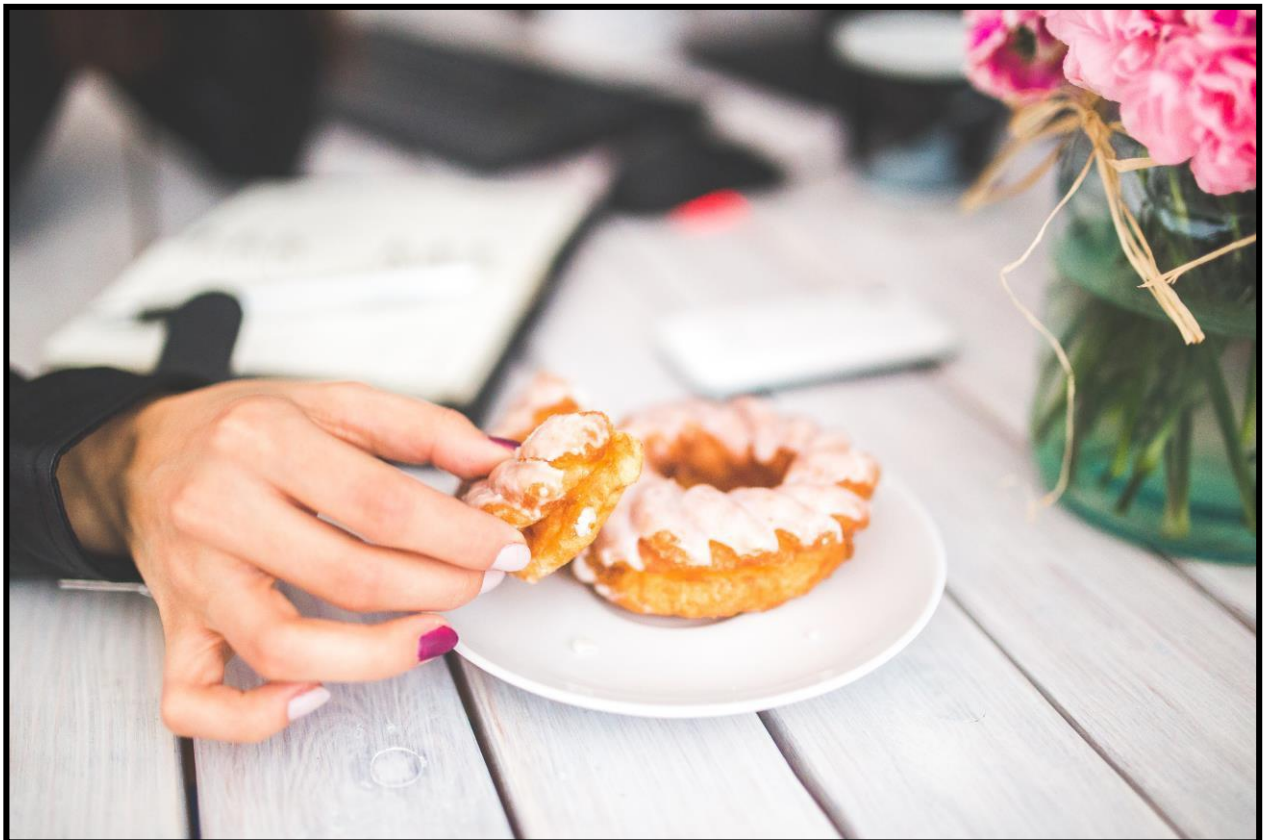
BED or Binge Eating Disorder is defined by someone who is a compulsive eater, who overeats or consumes an abnormal amount of food at one seating. Someone who is unable to stop or limit the amount of food he or she eats at one time. Most binge eaters will have at least two episodes a week of binge eating over a six month period.

Typical Signs of Binge-Eating Disorder

Binge Eating Disorder can occur in both men and women. It usually results in excessive weight gain and this can, in turn, create or reinforce other compulsive eating disorders as people coping with these disorders often feel some degree of guilt and self-disgust.

Often people with this disorder also have to cope with depression or anxiety. These feelings can result in an increased desire for food to help cope, creating a vicious cycle.

These BED Disorders are sometimes associated with biological abnormalities such as genetic mutations or hormonal irregularities that also cause compulsive eating addiction. BED is often associated with people who have, for whatever reason, developed low self-esteem and find it difficult to deal with personal feelings and emotions. Victims of physical, emotional and sexual abuse are also susceptible to eating disorders such as overeating and binge eating.



People who are very conscious about their physical appearance are also one of the high risk groups. When subjected to criticism of their weight or body shape, they can develop overeating disorders due to shame or embarrassment.

Emotional & Behavioral Signs

These are the some of the emotional and behavioral signs of a typical person with a Binge Eating Disorder:

- The feeling or experience of being under stress or anxious about anything that can only be relieved by eating
- The inability to finish or stop eating even when full to the point of being uncomfortable
- Not being able to control what to eat and when to eat
- The need to stockpile food for later and the feeling they need to hide their eating behavior from others
- The lack of feelings, sensations or real enjoyment from binge eating
- When a person never really feels they are satisfied or fully satiated when eating, regardless how much they eat, always wanting a little more.

Possible Health Complications

Binge Eating Disorder is known to be the direct as well as an indirect cause of many complications and health issues:

- Various forms of cancer are a common outcome of overeating because of the overload of toxic compounds released into the body systems such as ammonia, a byproduct of breaking down protein
- The chances of having a miscarriage are significantly increased with overeating and being overweight
- A greater chance of cardiovascular disease
- An increased risk of coronary heart disease
- An increased risk of a stroke
- High blood pressure and high blood sugar level
- Type-2 Diabetes
- High cholesterol levels
- Gastrointestinal problems
- Gallbladder disease
- Joint and muscle pain
- Insomnia and sleep apnea
- Hypertension
- Depression and anxiety

3 Therapies To Stop Binge-Eating

In order to manage or support people who have this condition, there are three main types of therapy often used:

- CBT or Cognitive behavioral therapy, which helps an individual to come to terms with their thoughts and feelings, allowing them to understand how and why they have an eating disorder
- ITP or Interpersonal psychotherapy, which helps a person focus on their own individual relationships with others, including their families, friends, peers and associates, so they understand how others see them. This is to help them to take a realistic look at themselves and their situation with a view to improving their lives and eating habits
- BDT or Dialectical behavior therapy, which helps an individual to learn new skills and methods of coping with their feelings, stress levels and emotions. As until a person is able to gain the motivation and willpower to help themselves, recovery is very unlikely.

CHAPTER 4

THE REASONS YOU'RE OUT OF CONTROL AROUND FOOD



Chapter 4: The Reasons you're out of Control Around Food

There are many reasons a person may have an eating disorder, especially overeating. Depression is often associated with overeating. Sometimes, overeating can be a result of depression. At other times, it can be the other way around, whereby a person's depression is caused by their eating disorder. Another complex factor can influence the development of overeating is a person's genetic or biological makeup. The environmental factor can also play a significant role along with your social situation.

Dark History of A Binge-Eater



It is believed that a person's upbringing and social development when young and the way in which they were taught to deal with their emotions and emotional pain or conflicts can have a

significant impact on their eating habits and stress-related eating patterns.

Studies show that many people who binge can even experience losing consciousness and severely diminished perception of reality. When someone has a long history of overeating, and then they try to restrict their food intake, their body's biological response will go into famine mode. In other words, their body prepares itself for a period of being deprived of food as a defensive mechanism.

It starts to shut down or slow down most of the regular functions to conserve energy. It also starts to trigger an array of different hunger sensors or natural craving mechanisms whose purpose is to spur the mind into searching for available food sources. It's a primeval survival technique left over from a time when food was a very scarce commodity and hard to get hold of. The "hunger hormone" ghrelin is responsible for stimulating our appetite. Our body releases it when our stomach is empty and it stops releasing it when our stomach begins to fill.

While we eat, there are two physiological factors that are working; Our mind decides when we eat. Although we are now creatures of habit, we once, and for most of our history, were hunters (or hunted) and gatherers and did not have a pattern of eating regularly, especially not 3 times a day.

Science has not yet been able to explain how we get hungry or why we decide to start eating, but it is clear that many factors come together to start the mind working in the process of getting us ready to eat. Although we think we are in control of what we eat, we think that our normal, rational and fully conscious brain, is deciding what and when we eat. We are very much influenced by physiological forces that most of us are unaware of.

Why Do We Binge?

Some of the factors that influence our eating are;

- Our particular set of genes
- Our own hormones
- The social cues we recognize
- The behavior patterns we have learned
- Environmental factors, including pollution levels
- Our circadian rhythm
- The amount of energy we have been using
- The last time we ate something

There are two reasons we eat or rather why we decide to eat:

Either we eat to get the nourishment and energy for our bodily needs or Homeostatic eating. Or we eat to manage our emotions or basically for pleasure or Hedonic eating. For most people, it's a matter of trying to do both. They look for food with high nutritional value, but at the same time, it has to satisfy one's palate. Only then you can fulfill both a person's emotional and physical needs. That is if all the available food had a high nutritional content.



But in reality, most of the food that is easily available to everyone today is highly processed food or junk food. These types of food always consist of a very low nutritional content, but a very high carbohydrate and chemical content. So it tastes good, highly addictive, but destroys your body.

The burning question that nobody wants to address is why people want to eat so much and why it is so hard for them to stop. This is not a question of willpower, although some people with exceptionally strong willpower (although they are unlikely to be overeaters) will probably find it not so difficult to stop overeating.

The Physiology of A Binge-Eater

For most of us, the answer highly depends on our body types, how it reacts to food, our metabolism rate and natural eating patterns. Our body evolved in a “hunter-gatherer” mode. It was not designed to eat “The Three Square Meals a Day” – a theory many health and nutritional advisors have been trying to convince us for decades.

Our natural feeding rhythm was probably more like all the other mammals in the world. They eat when they find or catch their food and have a cycle of eating what’s available and storing any excess they had, consumed as fat, then waiting for the next meal. While waiting or sleeping, they would have been relying on using up their fat reserves, a natural feast and famine cycle.

Eating is often done on auto-pilot and our conscious mind hardly notices it. Have you experienced instances when you snack on a bag of chips while doing something else such as watching the television, but don’t remember doing so until the whole bag was empty? This is an example of your overeating habits taking over your actions and subconscious mind without you knowing it.

CHAPTER 5

DANGERS OF OVEREATING



Chapter 5: Dangers of Overeating

The danger of overeating, apart from the obvious fact that you will get fat, is that the food that people tend to overeat are usually unhealthy. They are largely made up of empty carbohydrates that wouldn't trigger the body's built-in safeguards to stop you from overeating.



With the majority of people living not far from supermarkets and fast food restaurants, there is little chance most people will go hungry. The big challenge is to find healthy and inexpensive foods. When you overeat, it is most likely to be the unhealthiest foods. Think about it... hardly anyone will overeat or binge feed on bean sprouts or broccoli shoots, winter greens or cauliflower.

Dangers of Excessive Protein

However, sugar and carbohydrates are not the only culprits to overeat. Often times people tend to overeat meat proteins, which will burden your entire body system, especially your kidneys. The human body is very complex and has evolved many systems to protect itself from both itself and external threats.

One of these defensive systems is cancer protection; our pancreas produces an enzyme called trypsin. This enzyme has a specific function in our body, that is to break down the protective protein covering those defective mutant cells in our bodies. These mutant cells are the only cells that have this type of protection. It stops the white blood cells or immune system from destroying them.

When we consume too much meat protein, we use up our supply of trypsin, allowing mutant or cancerous cells to multiply. This is because the secondary job of trypsin is to break down meat protein. It should be noted that plant proteins don't have this effect as our bodies don't need trypsin to break down vegetable proteins.

The average person needs to consume about 35 grams of protein each meal to cater for all the normal internal bodily functions and replace worn muscles etc. When we consume more than 35g of protein, this extra protein will be broken down into sugars with the primary byproducts of ammonia and uric acid going into the bloodstream. Uric acid is the leading cause of gout, an excruciating arthritic condition that affects a lot of people. The ammonia is responsible for premature aging. It can cause headaches, harm many internal organs and known as a catalyst for many types of cancer.

Dangers of Excessive Sugar



Our immune system suffers when we overeat foods that are high in sugar. This includes all processed flour products such as bread, pastries, pasta, most confectionery and a whole host of other mainly processed foods containing empty carbohydrates. A typical dessert such as a banana split contains as much as 24 teaspoons of refined or table sugar. There are about 8.5 teaspoons of refined (table) sugar in a Snickers bar and a 12 oz. bottle of Coke has about 9 teaspoons of refined (table) sugar.

A person's immune system will become paralyzed and unable to function for about 4 to 6 hours if that person consumes 25 teaspoons of refined or table sugar. It is due to the effect it has on the white blood cells. This condition leaves a person exposed to all manner of infection and destroys the body's natural cancer protection.

General Health Risks of Binge-Eating Disorder

The short-term effects of overeating often include a feeling of being lethargic and feeling bloated. This is a temporary condition for those who occasionally overeat and is not considered a major health threat, but there are serious health implications for people who habitually overeat or are chronic overeaters. This is because they cause their entire system at all levels to become stressed and inflamed, which is now believed to be a leading or a major cause of most of today's chronic medical conditions.

Most people are not aware that the average person needs about 1,800 to 2,000 calories each day. Approximately 1,000 of those are used to keep your body going on essential activities. The other 800 calories are used to provide daily activities such as moving and the energy for those daily activities.

When you exceed the number of calories you need by overeating, your body stores the extra calories as body fat and your weight increases. If you take careful measurements of your weight, you can see over a period of say a week if you are losing, gaining or maintaining a steady weight which is a good indication of whether you are overeating or not.

1lb of bodyweight equals to 3,500 calories. To gain 1lb. of body weight, you need to consume an extra 3,500 calories, and to lose 1lb. of body weight you need to reduce your calorie intake by 500 or burn up an extra 500 calories every day for a week.

If the food you mainly overeat are cooked in low-quality fats such as vegetable oils or you mainly eat high carbohydrate and sugary food, you can get what is known as a sugar rush. This sugar rush results in a high spike in your blood sugar levels, which puts a huge strain on all your internal organs. You might even experience crash, feeling fatigue and sluggish after the surge. These types of food can cause a variety of digestive issues including feeling bloated and excess gas.

Being overweight has complications for your heart and also your joints and ligaments. These can become worn and stressed because when someone is overweight or obese, there is a lot of additional weight or pressure placed on the body.

Someone who constantly overeats is likely to become overweight even if they are reasonably active. This extra weight or body volume can affect a person's self-esteem or self-image negatively. The more you eat, the more weight you gain and the less confidence you'll be. It has been shown that this can lead to depression, anxiety issues, intimacy and sexual difficulties as well as antisocial behavior and an unusual and unnatural attitude to food and eating in general.



It is expected that when a person can take control of their eating habits and stop overeating, many of these problems will naturally be resolved upon the loss of excess weight so a person can have a much better self-image and improved mental health.

CHAPTER 6

10 TYPES OF OVEREATING



Chapter 6: 10 Types of Overeating

There are many different reasons people overeat. It is not as straightforward as the idea that fat people are just greedy. In fact, as we have already covered, for many people the compulsion to overeat is very hard to control. Overeating can lead to heartburn, discomfort and stomach pain in the short term as well as gastrointestinal problems, flatulence, bloating and diarrhea, heart problems, cancers and obesity in the long-term.



Most people who typically don't overeat can find doing so quite unpleasant and uncomfortable, but those who frequently overeat find that their body releases a natural pleasure chemical to adjust for excessive food intake making it actually enjoyable to overeat or, at least, encourage us to feel like

consuming more. This is the start to forming a type of food addiction.

The following are examples of overeating;

1. Consuming a large amount of food, much more than an average person would at one time and doing so quickly, is considered binge eating. A single or occasional act of binge eating is not necessarily harmful in itself, but if you have a habit of eating this way it is considered a symptom of can lead to an eating disorder or Bulimia Nervosa.
2. Ordering and consuming super-size meal portions is another sign of overeating. There are now a large number of establishments who offer "all you can eat" and very large or supersize portions. These meals are usually made with low cost and low-quality ingredients, so although you are getting a large volume of food you are actually getting very little nourishment which causes your body to seek for more food to compensate.

All this excess food is usually in the form of empty carbohydrates and turned into body fat. This impedes the normal cycle of utilizing food as a source of energy and cell

rejuvenation. Instead of burning the stored fat, your body burns a portion of the carbohydrates that you consumed and any excess of it will be stored as your body's fat stockpile in a never-ending loop. As a consequence, your body will only get fatter and unhealthier in the long run.

3. Because the body has developed a series of senses that stimulate the brain with chemical messages, when triggered, a person learns to use these triggers to make themselves feel better when they are under some type of emotional stress or strain. This is acceptable occasionally, but when a person is prone to emotional mood swings, depression or they often have feelings of being unhappy, upset or sad, they're very likely to suffer from emotional overeating problem. This is because they are using these food triggers to make themselves feel better with the result of overeating or binge eating.
4. Emotional overeating disorder can happen to those who are suffering from stress. This can cause people to feel anxious instead of depressed. This type of overeating disorder is often associated with people who have a substantial workload or work long hours without taking time off for adequate rest and meals. When you eat rapidly, especially when you're on the run, there's high tendency overeat or binge. The simple

explanation for this is because the stomach does not have time to relay the full signals to the brain which usually stops a person from eating when he's full.

5. Sugar type food addictions are a major cause of overeating. Often they form at a very young age, usually starting when babies and children are given food with high sugar content. Not only do people who crave sugar often become overweight, but they are also more likely to have dental problems and high blood sugar levels. These factors will lead to diabetes. Studies suggest that a high sugar diet is a major cause of emotional issues.

A trap many people fall into is having a healthy wholesome meal and then following it with a sugar-laden dessert or drinks that negate many of the benefits they would have had from their meal. Instead of using sugar, think about using spices such as cinnamon to sweeten your food and drinks. Cinnamon helps to slow your food as it travels through your digestive system.

Give your food a new dimension by adding a small amount of cider vinegar, as it improves flavor and helps to lower the food glycemic index, so, like with cinnamon, you metabolize food at a slower rate.

6. If you feel hungry, try drinking water. Often times, people mistaken hunger with thirst.
7. Snacking on junk food between meals is a partially difficult thing to stop for many people and can lead to overeating. If you feel the need to snack, pick snacks that are healthy and nourishing, such as vegetables like carrots, celery or salads. Fruit and nuts are also wholesome food choices, but the total calorie count for the day should be taken into account if you are trying to reduce your body weight or daily calories intake.
8. Many people now get a substantial part of their weekly food intake from fast food. This makes eating normal volumes of food very difficult because fast food are purposely designed or created to make you want to eat more. They have ingredients of carefully formulated chemical additives. Your taste buds will react wildly to this stimulus and that's how craving ensues. Furthermore, these compounds are highly addictive. Coupled with their very low nutrient content and a huge amount of high-calorie carbohydrates, as well as refined salts and oils, these foods are catalysts to make you overeat and result in obesity.

9. A lot of people fall into the trap of finding comfort in eating food. Sometimes this can be a good thing as long as you are careful about selecting the right types of food and balance your eating with a reasonable amount of physical activity. Another major lifestyle issue most people have today is that they always pick the ‘wrong’ food and don’t exercise!

Even worse, they incorporate eating as a mean of coping with their emotions. Some people indulge in food when they’re happy, sad, frustrated, stressed, angry... and all different emotions. They become dependent on food as a remedy for their own self-comfort.

10. Social eating can also lead to another type of overeating disorder. Often times, social eating involves consuming a large amount of food and drinks spread over a relatively long period. While attending these social events occasionally is not a problem, those who often eat socially can feel they are obliged to eat and possibly drink more than they normally would. Often these meals are high in calories and not very filling, so people tend to consume them in large volume.

11. Some people find that when they are at a loose end or do not have enough things to occupy their minds, they become bored. So in place of other stimulation, they resort to eating just to relieve themselves from boredom. These people are most likely to become binge eaters and go for supersize portions, like fast food as well as taking part in excessive snacking of predominantly junk food.

CHAPTER 7

STRATEGIES TO PREVENT OVEREATING



Chapter 7: Strategies to Prevent Overeating

The compassionate mind approach to beating overeating. Everyone is aware of the fact that obesity rates are getting higher each year, despite the many millions of dollars pumped into health care each year. In the US, Americans now consume an average of 3,775 calories a day, that's 1,775 more than they need. When you consume more calories than the amount needed by your body to maintain normal physiological functions, it will be stored as extra energy known as fats. With people consuming almost twice as much as they need consistently, the population, in general, can only get fatter.

Information Equals Power

The old saying “information is power” is also true for information on eating habits and if you know what is happening with the food you chose to eat and how your body reacts to it and different food, you are on the way to being able to beat the problem of overeating.



Once you have an understanding of how your metabolism works and how much calories you actually need to sustain your daily activities, it is then possible to make meal plans and menus that are designed to meet both your physically and emotionally need. A diet that is bland and boring, which is non-filling and provides no pleasure from eating, is doomed to failure. Making a menu that is tailored to your own unique preferences is the best option.

Taking One Step Back, Two Steps Forward

The first thing you should attempt to do in order to stop overeating is to start cutting back a little at a time. If you have the habit of drinking three cans of soda a day, try cutting down to one a day. That will save you from consuming 300 calories a day.

Think about making (not buying readymade) muesli for breakfast. A half cup contains 150 calories and provides a huge array of useful nutrients. To make it interesting and more palatable, serve it with organic cream or coconut cream, about 50 calories per tablespoon and some fresh fruit. This will provide a filling and tasty breakfast that will keep you feeling full until lunch time and you will not feel the need for snacking.

Anti-Binge Diet Strategy

A high protein breakfast suits many people and is likely to set you up well for the day and lessen the likelihood of binge eating during lunch or dinner time.



By taking control of your diet and eating habits, you can have less desire to overeat. Carving out a diet or meal plan is a good start; try planning out your whole week's meal plan or menus. Here's a tip for you

when planning out your meals: Choose food that complements each other, contains high natural fiber and nutrients and low in carbs or sugars to ensure that you'll feel full and nourished after meals.

Foods such as vegetables, nuts, beans and legumes can reduce your tendency to overeat. But don't forget to keep things interesting to make sure that your meal plans are giving you the feeling of satiety most of the time. Then reward yourself once a week with an activity you enjoy so that the habit of stop binge-eating becomes second nature.

A lot of condiments are very high in sugar and other unnatural compounds. Tomato sauce which is the undisputed favorite sauce worldwide is a prime example. In a tbsp. of commercial tomato sauce, there are 20 calories. In homemade tomato sauce, there are only 5 calories.

So why the 15 calories difference? Commercial sauce tends to have more sugar and processed ingredients in it to make it more flavorful and addictive. But at the same time, it destroys your health in the long run. 15 calories may look little, but this number adds up over time. So why not create your own healthy sauce? The ingredients are easy to find and don't require much effort to create. Basically, anyone can prepare it at home.

Here's the healthy recipe of tomato sauce:

Place 2lbs. of whole tomatoes (a mixture of acid-free and beef tomatoes), 1/2lb. of peeled, diced, pumpkin, add a chopped onion, 4 cloves of garlic, a few peppercorns, several bay leaves and a few cloves and place it all together in a pressure cooker for 30 minutes, a stock pot for 2 hours or a crockpot for 8 hours, and add salt to taste.

At the end of the cooking time, tomato mush will be formed. Next, pass this through a fine mesh strainer to remove any solids, and the sauce will be ready to serve. You can also prepare the sauce in thicker consistency as desired. Finally, keep it refrigerated for a week for the best result.

This sauce tastes great with some herbs, capsicum, chili, ginger, and others as finishing touch. You can use it on everything and anywhere else tomato sauce goes. Not only it will save you a lot of money, it will also help reduce your calorie count and liven up many dishes without ingesting too much sugar.

When the stomach is empty, it has a volume of about 1.5oz, but when it is full, a normal stomach can expand to between 1/4 and 1 gallon. It's part of nature's design to have a stomach that stretches. With that stretching monitored, your brain knows how much it's stretching. Your body will send signals to the brain, letting it know how much food is coming through. Some messages are chemical, and others travel via nerves such as the vagus nerve that goes from your abdomen to your head.

Binge-Proof Hormones

While you are eating, different hormones send different messages. Cholecystokinin is released by the gut when we consume protein and fat. This chemical informs the brain to stop eating. Other satiation hormones are released to slow down the passage of food through the system, or to stop any more food from entering.

Insulin is also released to deal with carbohydrates and excess proteins, as both of these are turned into sugar or glucose, the body's primary energy source when it does not have fats to burn. The interesting thing is that many of these hormones stay in the system and can affect the next meal. This is only true unless there is just too much empty carbohydrates and unnatural chemicals (junk foods) overrunning these delicate systems.



It's totally fine to indulge in occasional treats (such as having once a week "cheat meals" without going overboard). What really matters is to make sure that you're constantly maintaining your ideal weight and optimum health. This can only be done if you're consistent in executing a long-term strategy to overcome overeating and binge-eating (although even an occasional feast or treat is okay). It's essential to keep your body, especially your digestive system working efficiently all the time.

The Leptin Feedback Loop

The long term nutrient and energy needs of our body are catered for by “The Leptin Feedback Loop.” This helps the brain to make decisions on how much food and what types of the different nutrients need to be absorbed from the food being metabolized. The necessary calorie intake, the use of energy where it is taken from and where any excess needs to be stored are also dealt with by this loop.

This is all decided by the brain from the information sent by the hormone leptin that is released by the body’s fat tissue. Leptin tells the brain how much energy is stored as body fats and how much energy we are consuming at any moment. The level of leptin in the blood is directly related to our body fat; the more fat we have, the more leptin circulates our system.

This feedback loop is important as it functions as a natural mechanism to maintain the balance of our body weight and energy level. The decisions made by the brain are based on leptin levels, which are themselves then adjusted by the brain to optimum levels completing the “Loop.”

Our leptin feedback loop is similar to many systems in our body. It was developed by evolution to suit all the natural conditions the human body could encounter. Leptin works perfectly for those who consume a largely wholesome, mainly organic diet. On the other hand, it can't cope with some of the highly processed, low nutrient foods that many people consume regularly. In fact, it often stops working when it encounters salty, sweet, creamy chemical foods with virtually no nutrients. Although they give our senses a wonderful workout and taste delicious, they really should be avoided if you want to stop overeating and obtain your ideal weight.

Having these types of diets will, over the long term, make us leptin resistant and inflame the brain. They usually cause a person to feel less satisfied and needing to eat more.

Avoid Junk Food (Before You Lose Control)

The junk food industry is a master of getting people addicted to their foods filled with chemicals and additive. These foods are engineered to be super-palatable, a term that describes the whole experience of eating and the pleasure that we get from food, Palatability is probably the thing that influences the amount of food we eat at each meal.

These foods are engineered to taste so good that you cannot resist them. Once you munch on them, it'll trigger your cravings and you'll have a hard time resisting these foods from then onwards. When these two sensations or tastes are put together, you create a mixture that for many people is irresistible. They just have to have it again and again. Basically, it's becomes an instant addiction for many that destroys their health but also a highly profitable combination for the junk food manufacturers.

It's a sad trap for many people as these foods are purposely engineered for people to always binge on them. Sometimes, they even go to extraordinary lengths for junk food. Often times, those who tried these foods once will have them the second or even the

third time. Just like any other addictions, people can lose self-control when they're addicted to junk food.

These are some of the nasty combinations that results in binge-eating:

- Foods that are high-density, high energy = lots of calories in a very small packet
- Foods with a very high-fat content
- Foods made from highly refined starch
- Foods made from highly refined sugars
- Foods filled with artificial sweeteners
- Foods with lots of refined salt
- Foods that have a special texture like crunchy or creamy
- Foods containing drugs like alcohol or caffeine
- Foods with high amounts of flavor enhancers like MSG

99% of the food combination mentioned earlier cannot be found in nature, but are man-made. It creates a brain versus body situation where our brain tells us to eat more and binge, whereas our body rejects these types of food. As a result, more and more people are suffering from multiple health diseases today than ever before

CHAPTER

8

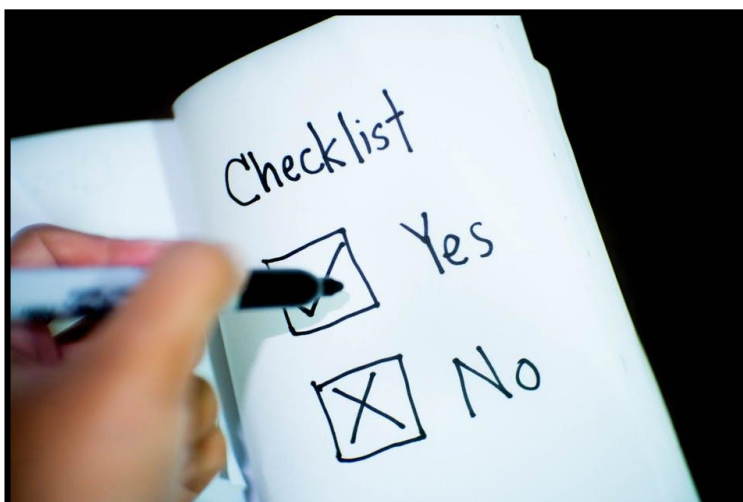
OVERCOMING AN OVEREATING DISORDER



Chapter 8: Overcoming an Overeating Disorder

This is a hotly debated topic by many health professionals. Some claim that overeating is a real addiction and others claim there is no factual basis for calling overeating an addiction. It is obvious that overeating causes many health issues, but many suggest that this is a symptom of serious illnesses. They believe that getting to root of the illness is the only real treatment.

Sadly, many people don't consider binge-eating a problem until they're obese or severely ill. They considered that food addiction is only a problem when it's causing harmful to someone else. Most government departments are now trying to educate the people. Many schools are beginning to introduce programs to educate students about the benefits of exercising regularly and practicing a healthy wholesome diet.



In order to overcome binge-eating, you must first make a conscious decision that you want to change. After that, you need to put in place a strategy that will help

you accomplish your goals of not overeating and presumably losing weight or at least gaining your optimum weight and overall health.

Strategies To Control What You Eat & When You Eat

The following are some useful strategies to control what you eat:

- Think of your body as a complete and working system, a living machine. It needs to be looked after and stay balanced. The food you eat today can and will affect you physically and mentally tomorrow or any day in the future. What you ate last night affects what you and your body feel this morning, as your breakfast will affect your performance throughout the entire day.

- Try to consume less processed food and, if possible, consume more organic, fresh products. If your diet consists of mainly unprocessed food, you'll have a hard time overeating as these foods are more substantial and filling. They also take much longer time to digest so you won't easily feel hungry.

Base your diet around whole, preferably fresh or minimally cooked foods that you enjoy eating. Remember that even though some whole fresh organic foods are much more expensive than standard processed foods, they contain a lot more nutrients. So in reality, choosing fresh, organic foods are far more cost-effective as you're getting more quality over quantity.

- Eat enough high-quality protein, as protein is more satisfying and filling as compared to other macronutrients. Protein is digested slower, so you tend to eat fewer calories overall than if you consume mainly carbohydrates. Try to consume about 35g of protein each meal.
- Fresh vegetables or frozen organic vegetables, especially those with natural bright colors are known to be "superfoods." Try to include as many vegetables into your diet as possible, they are low in calories and high in essential nutrients. Perfect to curb craving and keep you full and healthy at all times.

- Try to get your carbohydrates from starchy vegetables such as tubers like potato, sweet potato, cassava, yam and carrots, parsnips, turnips and beets. Beans, legumes and fruits are good sources because you get a good amount of fiber or roughage as well as many essential nutrients combined with them.

These foods take a longer time to digest and stay in your system longer. Therefore, your internal satiety sensors will tell your brain that you're not hungry so there's no need for snacks or binge-eating.

- The human body burns carbohydrates, alcohol, protein and fat for fuel, but carbohydrates are not essential for survival. In fact, you can live without any. The main advantage of carbohydrates is they provide relatively quick energy. The main fuel for the body is glucose, a form of sugar and this is essential for brain function and energizing your body.

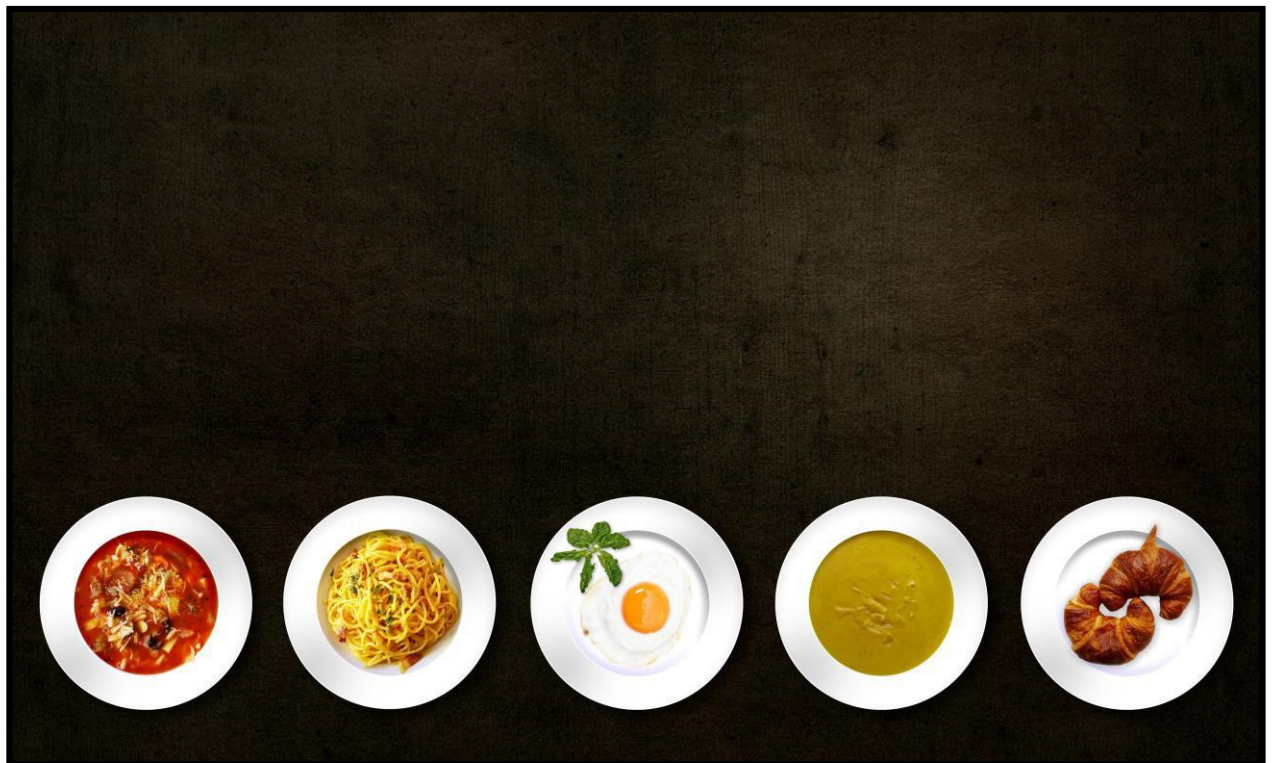
Our bodies turn carbohydrates, protein, fat and alcohol into glucose - always starting with the one that is easiest to convert to energy which is usually carbohydrates. If there's no carbohydrate, it first uses alcohol and fat for energy, then protein.

Fat is arguably the best fuel to use to give energy to your body as long as you choose only good quality fats. Do not use any refined vegetable oils at all including margarine's or vegetable shortening/lard, they are not healthy. Only use unrefined coconut palm and olive oils and butter or lard from free-range organic livestock. Or get your fat/oil from fresh avocado, olives, nuts, ocean caught fish or by eating pasture raised organic free range livestock.

Mindful Eating

Taking your time eating and chewing your food is very important; it gives your system time to adjust to the arrival of the new food and for your brain to monitor its effects. Taking the little extra time it takes to make your meals exciting and appetizing and then savoring each bite, sensing the flavor, texture and aroma and enjoying each mouthful is a very healthy and sensible approach to eating.

Many people gobbled down as much food as possible without the food being properly chewed. As a result, most of the nutrients pass through the system without being fully absorbed.



An excellent approach to stopping yourself from overeating is to use smaller plates with smaller portions and eat your meal slowly. Making a dinner, small dishes or courses and using the meal as the main entertainment with pleasant table talk and enjoying the company of others was the accepted way of dining in many places, several hundred years ago, often with the extended family included.

With today's habits of eating in front of the TV or drive through fast food restaurants, it's becoming tough to sit down and enjoy a meal. A good strategy is to make it inconvenient to get hold of fast or processed foods, do not keep them in your refrigerator or pantry. If you really want them, then make it so you have to go out and get them. Perhaps by doing so, you'll force yourself to settle for healthier alternatives.

One of the biggest mistakes many people make is to restrict themselves from consuming the food they really enjoy or going cold turkey. It's okay if you can, but it should be recognized that it's also okay to indulge yourself on occasion to have the dishes you really like, simply bear in mind to take them in moderation.

Eat mindfully, slowly and savor the taste and sensation you have been craving, enjoy eating them and do not make a big fuss or beat yourself up as long as you've followed a clean diet 80% of the time. Just accept that sometimes, you deserve a treat. After that, you can resume your health journey and achieve new milestones.

Mindset Hacks To Stop Overeating

If you wish to put an end to overeating and binge eating, you should first leverage your effort by determining what is your outcome, how much do you wish to weigh, what is the purpose of doing so (Perhaps you're doing it for your health, fitness and vitality; it can be for your family and loved ones...) And finally, figuring out how you're going to achieve it. The key to eliminate overeating and binge-eating is to rewire your mindset.

One surefire way to rewire your brain is to think about how you feel towards eating! Ask yourself some effective questions to get you started...

- Do you think of food all the time, is it something that consumes you, or are you content until something alerts you to food or a snack?

- How do you feel before you eat?
- What do you feel while you are eating?
- How do you feel after eating?
- Are you always hungry no matter how much you eat?
- Do you eat because you feel hungry or do you eat because you think you should or just because it's a habit, lunch or dinner time?
- Do you crave a certain food say candy or chocolates, how about thinking of a fresh ripe mango, strawberry or apricot instead?
- Do you think this would be a good alternative?
- Think about making your own healthy chocolate using cacao, organic butter and raw honey or maple syrup, would this appeal to you?
- How often do you feel hungry after each meal?
- Are you a fast-eater or a slow-eater?
- Are you angry about your eating habits?
- Do you get impatient or bad tempered if you have to wait for food?
- The whole idea is to get you thinking about why you are hungry, why it is necessary for you to eat right now?

With today's busy lifestyles, many people tend to forget about the pleasure they can get from mindful eating. In some countries like France and Italy, mindful eating is considered the norm, the cornerstone of these cultures.

It's interesting that although France holds the record for the highest dairy fat consumption of any western country, the people don't find it necessary to diet to the same degree as most other countries and there're a lot fewer illnesses associated with diet. America has over twice the amount of obese population as compared to Italy and France.

A new approach to overcome binge-eating and overeating is to avoid having huge meals and consume lots of small high-quality meals so you never feel hungry. If you select the right foods to snack on, you'll be able to eat less easily. Also, you won't have to experience the usual cycle of feeling full of energy and then being tired later on, as you will have a steady stream of energy throughout the day.

Conclusion

That brings us to the end of this book! I hope it has helped you understand what overeating is all about and given you some ideas on the different ways you can go about developing new healthy eating patterns. Eating can and should be one of life's greatest pleasures, from growing or finding your food to preparing it, cooking it and finally savoring the fruits of your labors. Rather than just rushing into a fast-food place and grabbing whatever to devour.

I sincerely hope that you found this book useful. I wish you all the best in this journey towards a healthier, happier life!