

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

# BINGE PROOF Lifestyle

## CHECKLIST



# Binge Proof Lifestyle Checklist

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. This checklist will run you through the simple steps and strategies to put an end to binge eating forever!

# **Module 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?

## **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.

## **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.

## **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.

# **Module 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.

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.

## **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.

# **Module 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.

## **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
- ITP or Interpersonal psychotherapy
- BDT or Dialectical behavior therapy

## **Module 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.

## 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.

## **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.

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.

## **Module 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.

### **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

### **Dangers of Excessive 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.

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.

## Module 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.

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.
2. Ordering and consuming super-size meal portions is another sign of overeating.
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.
4. Emotional overeating disorder can happen to those who are suffering from stress.
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.

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.
8. Many people now get a substantial part of their weekly food intake from fast food.
9. A lot of people fall into the trap of finding comfort in eating food.
10. Social eating can also lead to another type of overeating disorder.

# **Module 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.

## **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.

## **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.

## **Anti-Binge Diet Strategy**

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.

## **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.

## **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 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.”

## **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.

# **Module 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.

## **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.
- Try to consume less processed food and, if possible, consume more organic, fresh products.
- Eat enough high-quality protein, as protein is more

satisfying and filling as compared to other macronutrients.

- Fresh vegetables or frozen organic vegetables, especially those with natural bright colors are known to be “superfoods.”
- 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.
- 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.

## **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.

## **Mindset Hacks To Stop Overeating**

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.