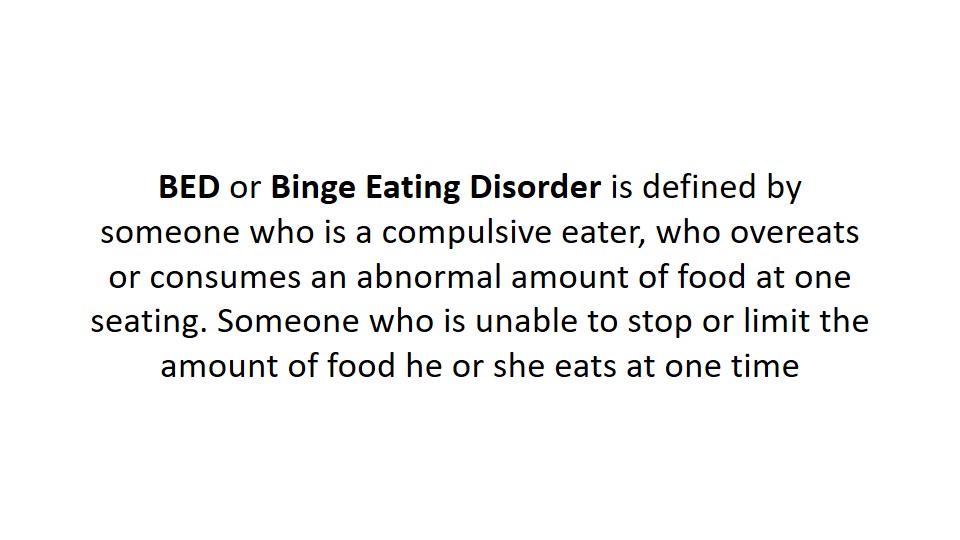
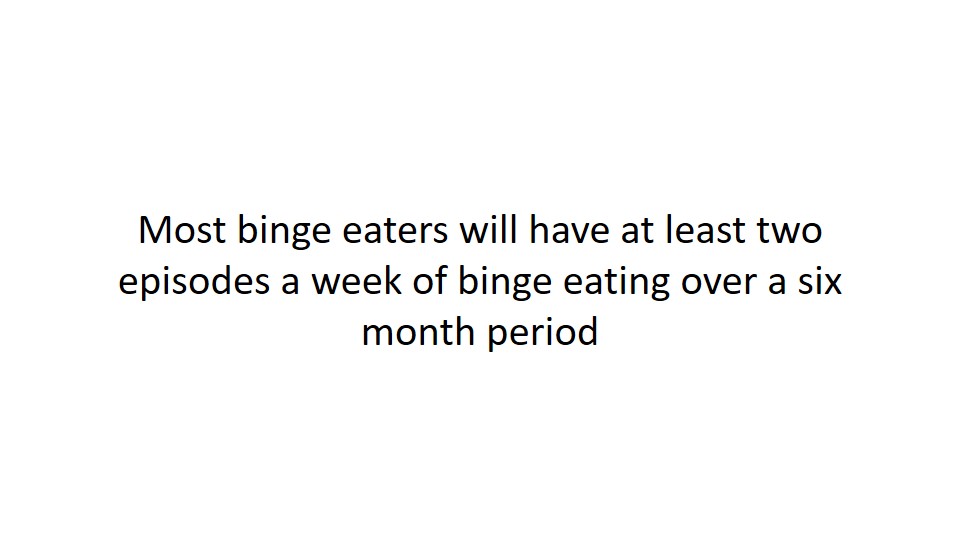
# Chapter 3: The Signs of a Binge Eating Disorder or Compulsive Overeating



**S1**: In this video, we’ll talk about the signs of binge eating disorder or compulsive overeating.



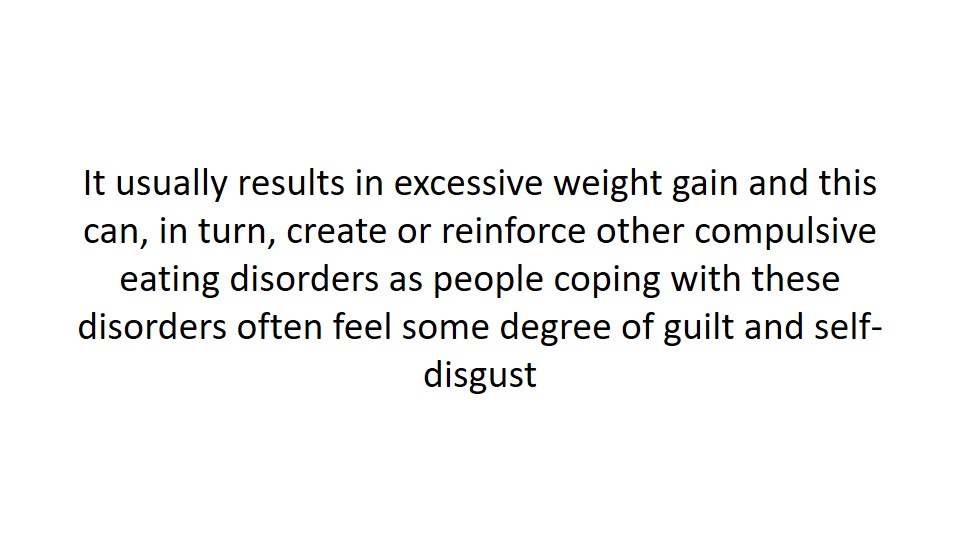
**S2:** BED or Binge Eating Disorder is defined by someone who is a compulsive eater, who overeats or consumes an abnormal amount of food at one seating. Someone who is unable to stop or limit the amount of food he or she eats at one time.



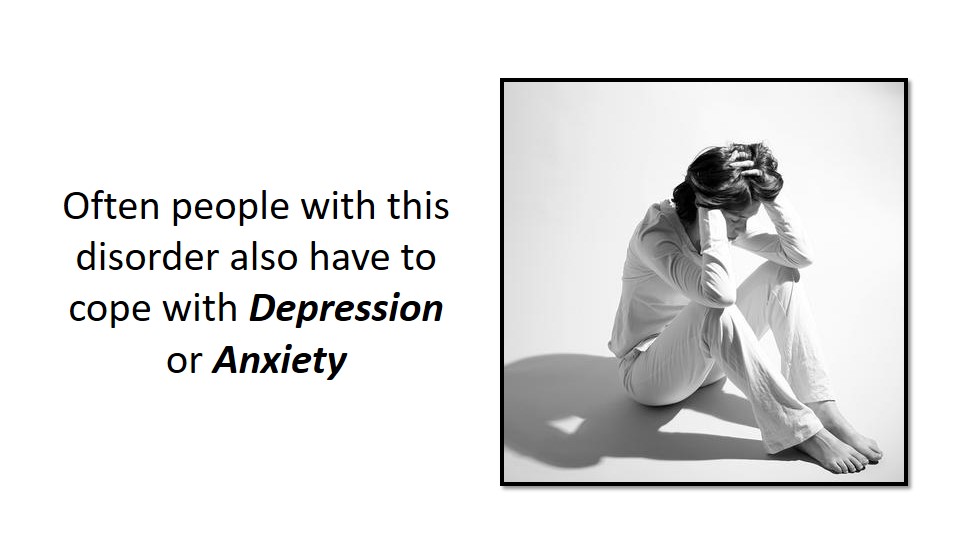
**S3**: Most binge eaters will have at least two episodes a week of binge eating over a six month period.



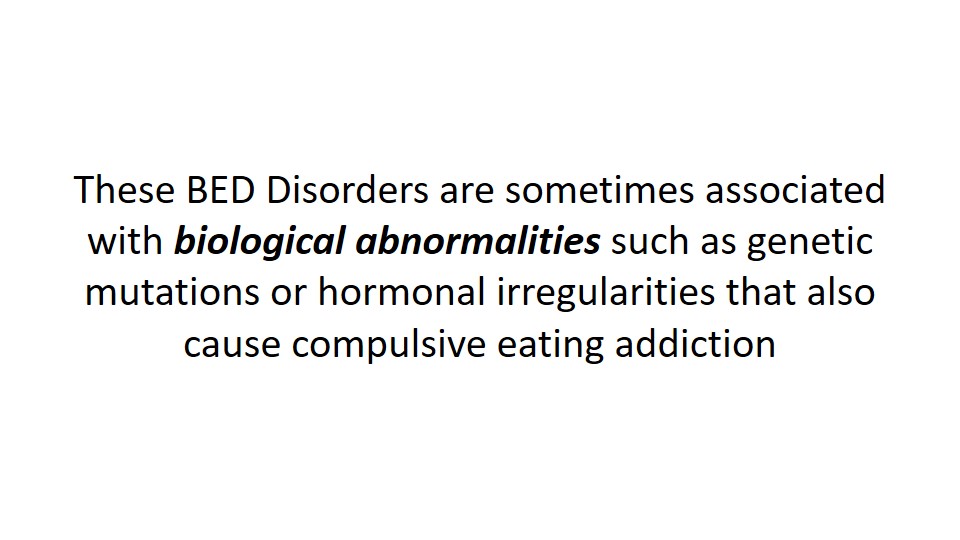
**S4:** Binge Eating Disorder can occur in both men and women.



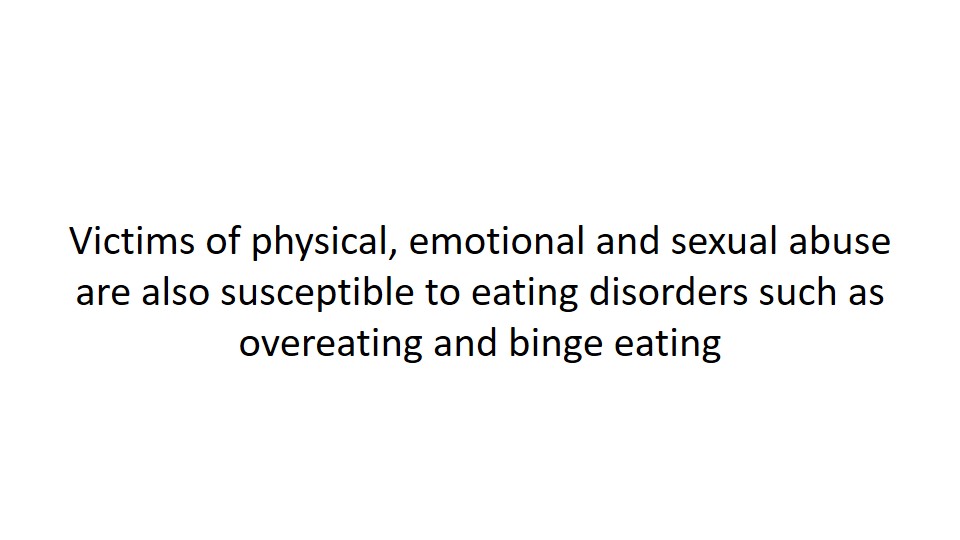
**S5:** It usually results in excessive weight gain and this can, in turn, create or reinforce other compulsive eating disorders as people coping with these disorders often feel some degree of guilt and self-disgust.



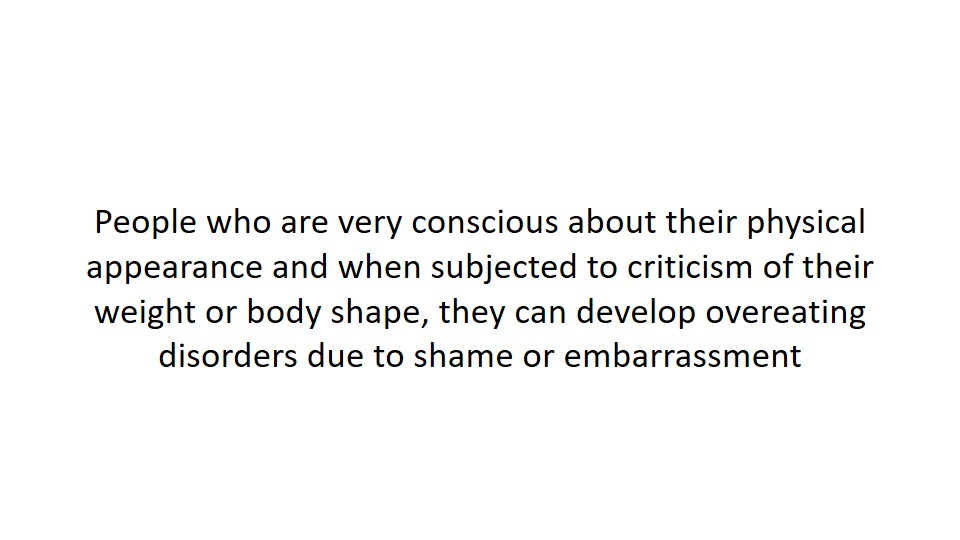
**S6:** Often people with this disorder also have to cope with depression or anxiety, with these feelings resulting in an increased desire for food to help cope, creating a vicious cycle.



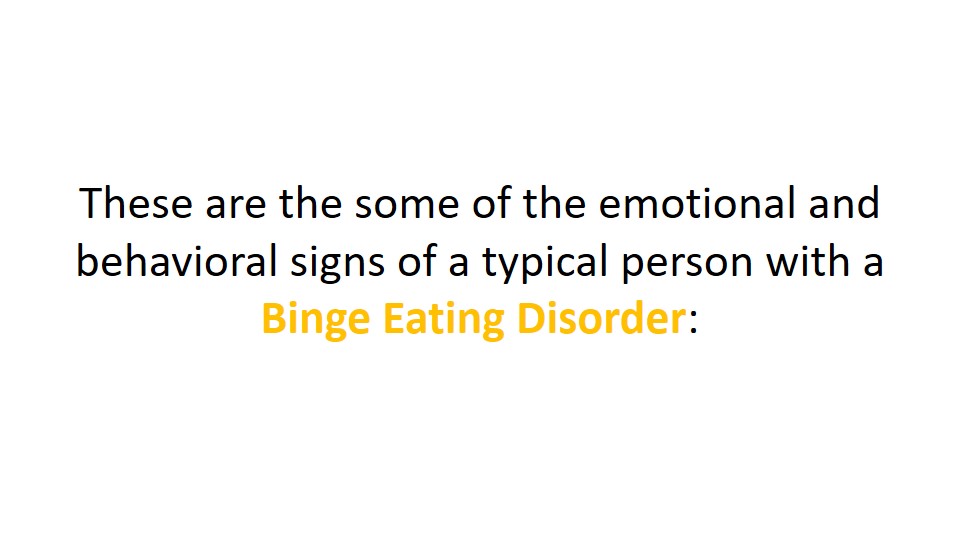
**S7:** These BED Disorders are sometimes associated with biological abnormalities such as genetic mutations or hormonal irregularities that also cause compulsive eating addiction. BED is often associated with people who have, for whatever reason, developed low self-esteem and find it difficult to deal with personal feelings and emotions.



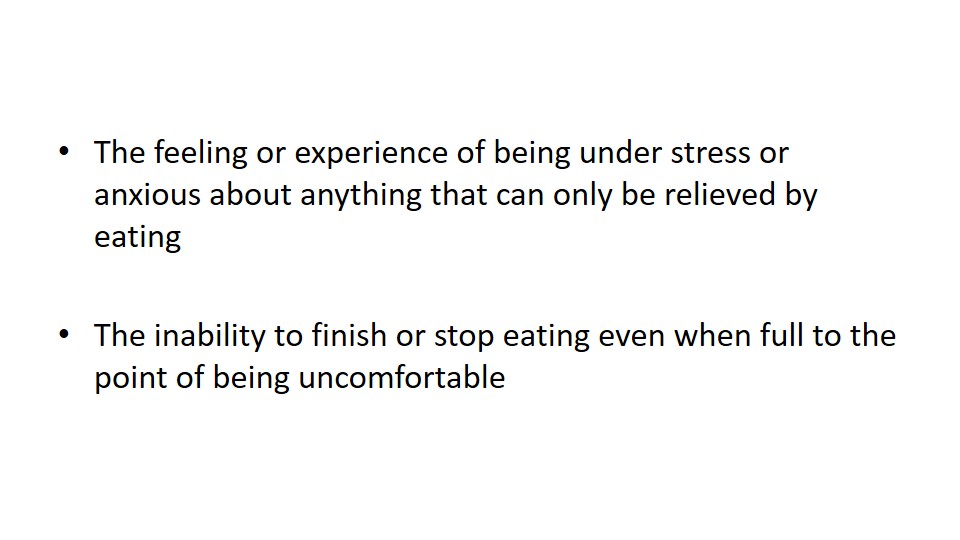
**S8:** Victims of physical, emotional and sexual abuse are also susceptible to eating disorders such as overeating and binge eating.



**S9:** 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.

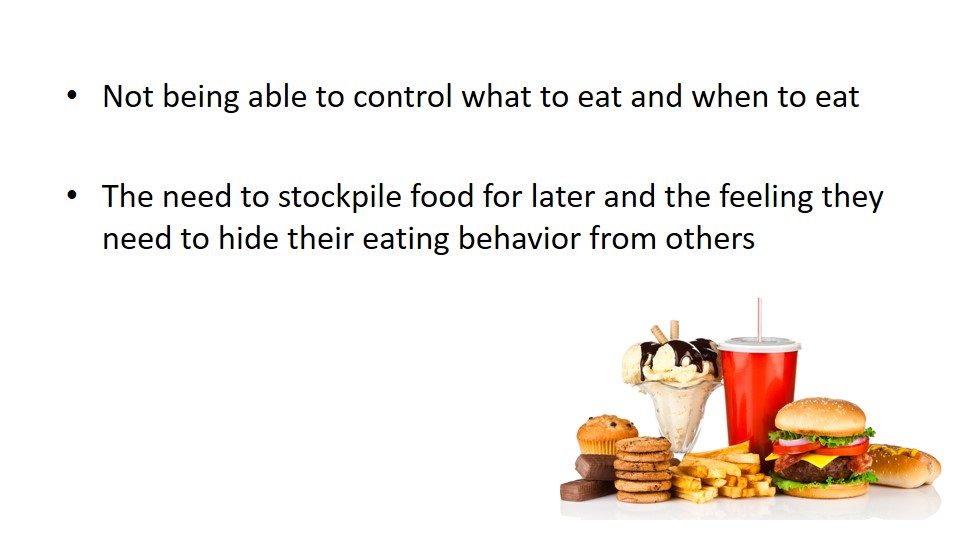


**S10:** These are the some of the emotional and behavioral signs of a typical person with a Binge Eating Disorder:



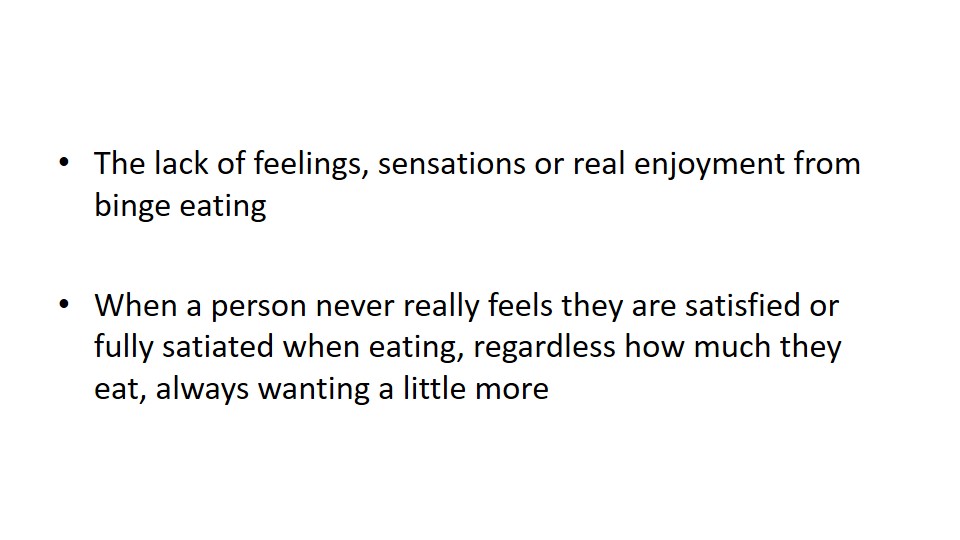
**S11:**

* 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



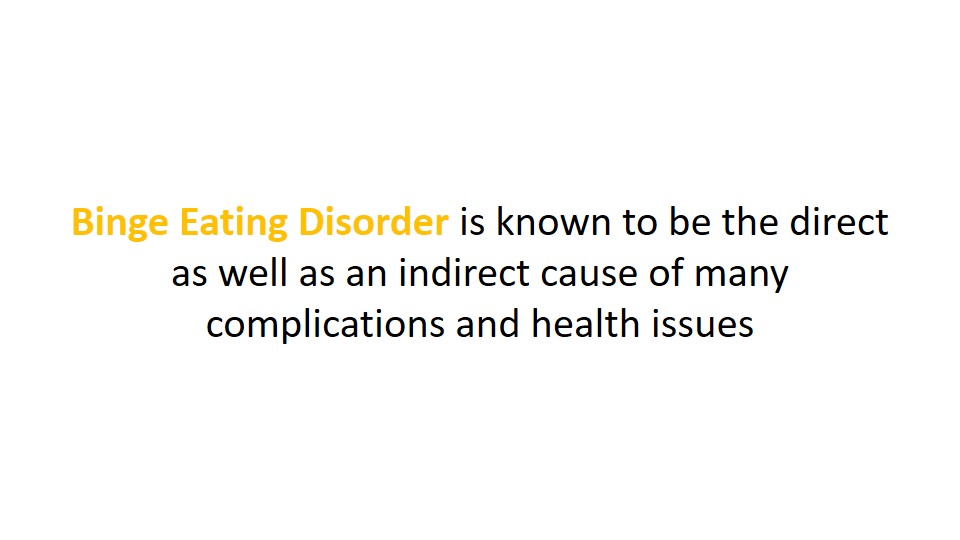
**S12:**

* 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



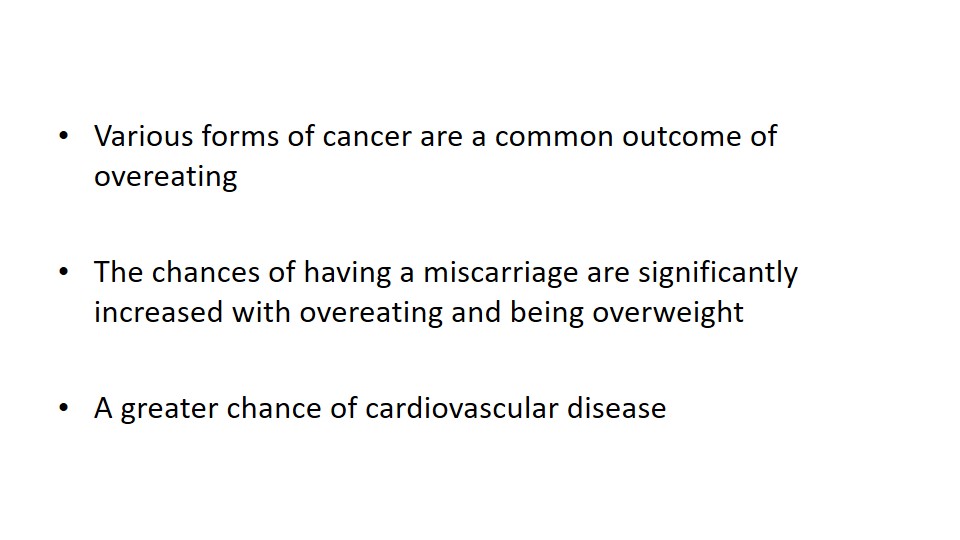
**S13:**

* 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.



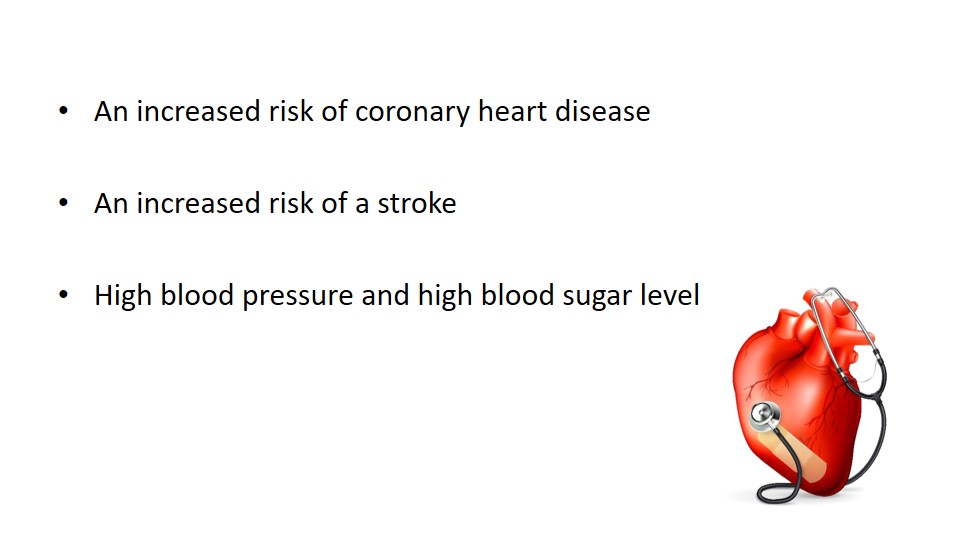
**S14:**

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



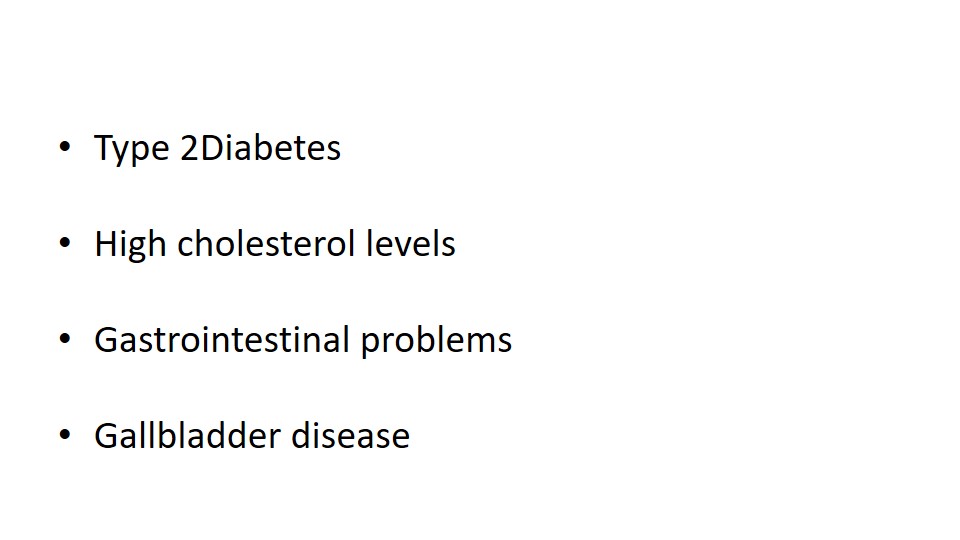
**S15:**

* 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



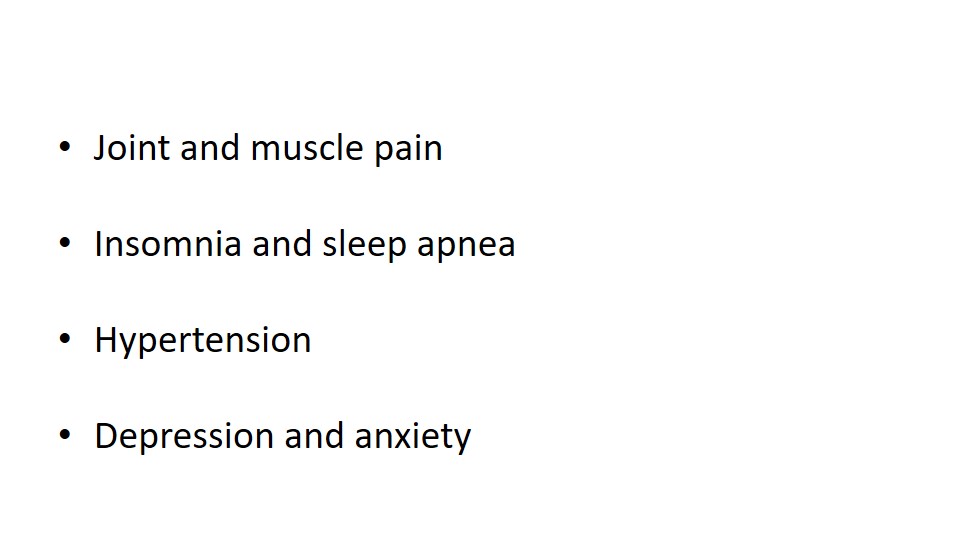
**S16**:

* An increased risk of coronary heart disease
* An increased risk of a stroke
* High blood pressure and high blood sugar level



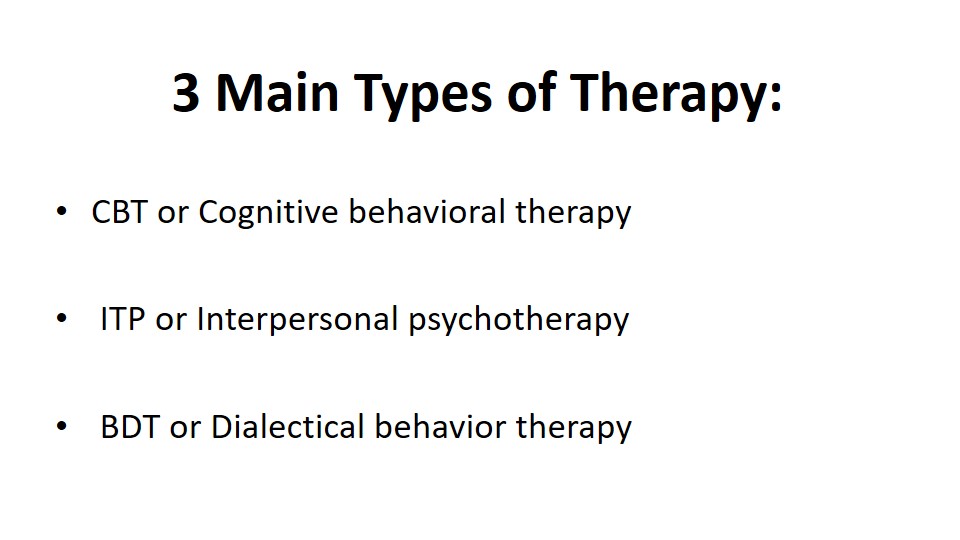
**S17:**

* Type-2 Diabetes
* High cholesterol levels
* Gastrointestinal problems
* Gallbladder disease



**S18:**

* Joint and muscle pain
* Insomnia and sleep apnea
* Hypertension
* Depression and anxiety



**S19:** In order to manage or support people who have this condition, there are three main types of therapy 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.