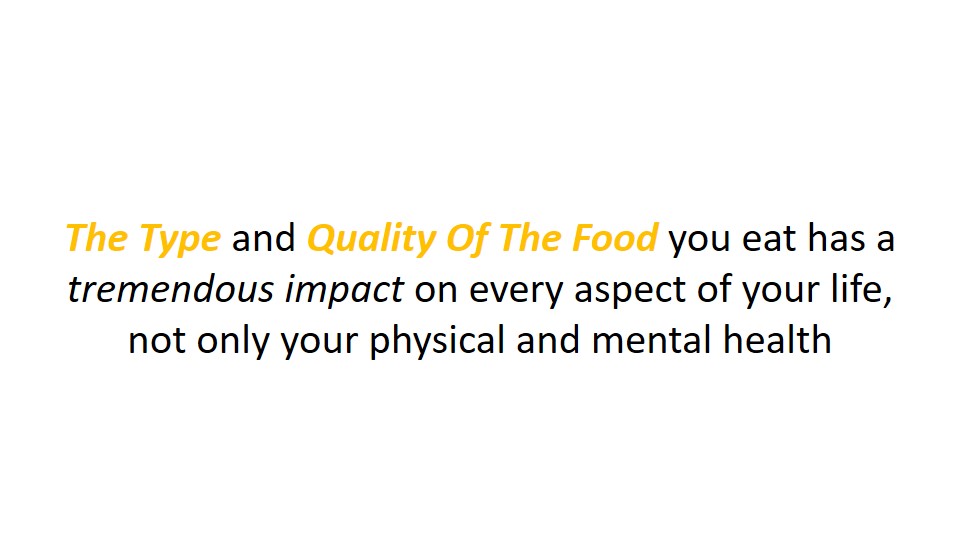
# Introduction

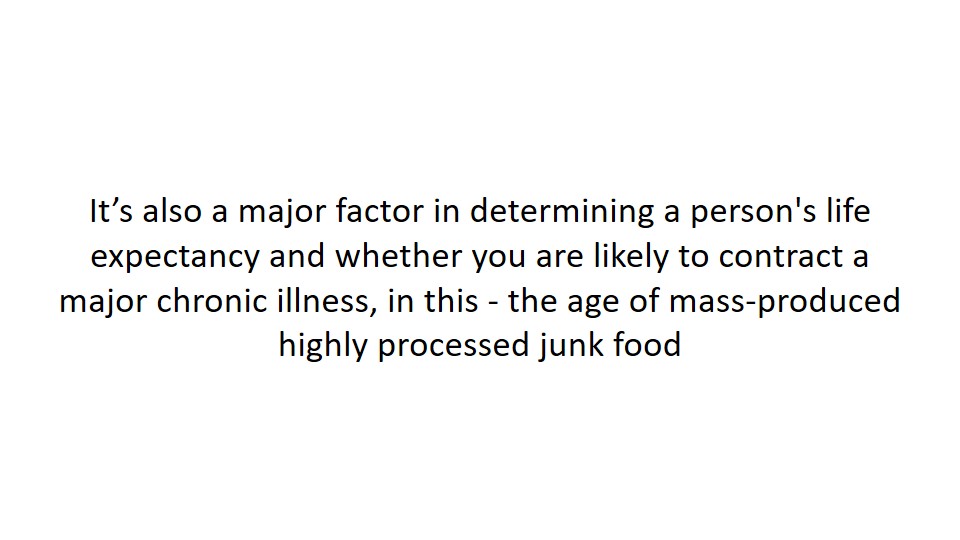


**S1**: Pause for 3 seconds

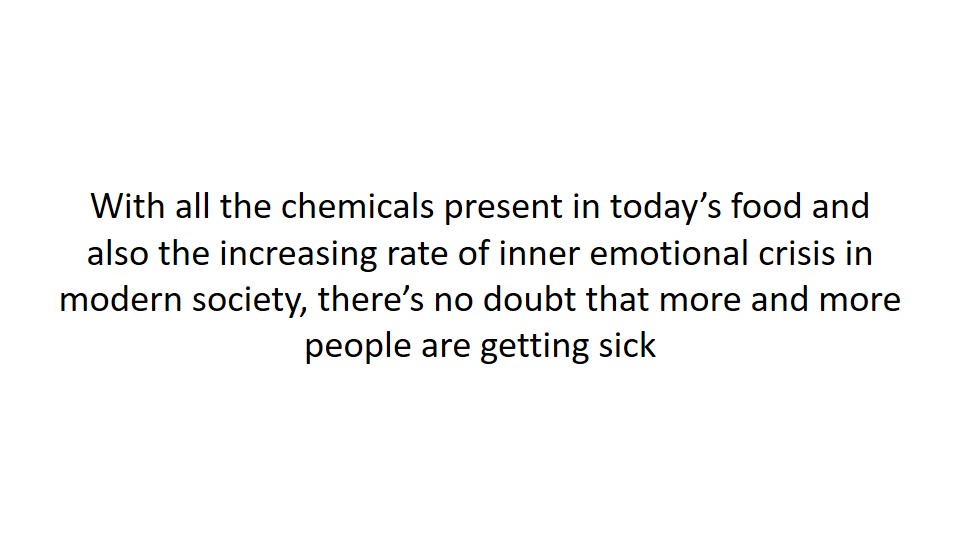
Everyone eats to survive, but the type and quality of the food you eat has a tremendous impact on every aspect of your life, not only your physical and mental health. It’s also a major factor in determining a person's life expectancy and whether you are likely to contract a major chronic illness, in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



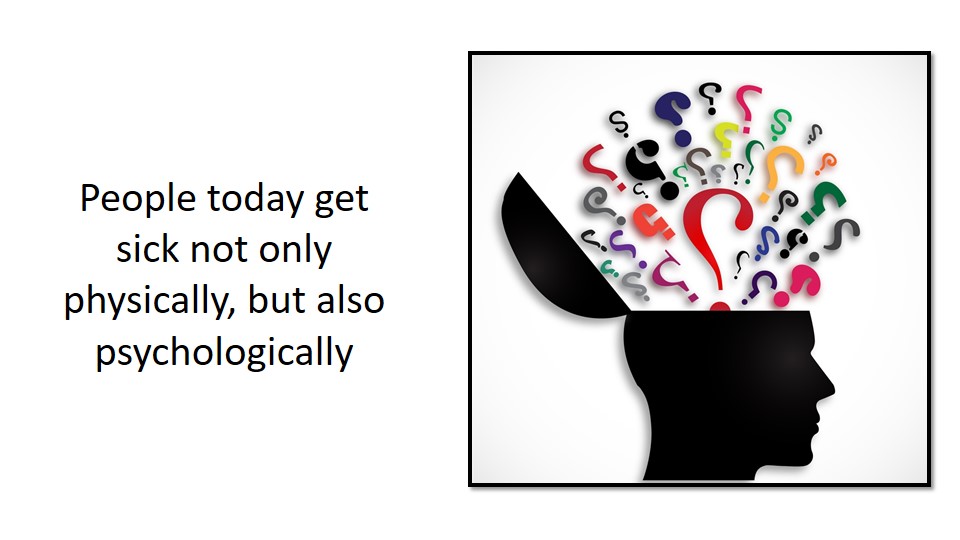
**S2**: Everyone eats to survive, but the type and quality of food you eat has a tremendous impact on every aspect of your life, not only your physical and mental health.



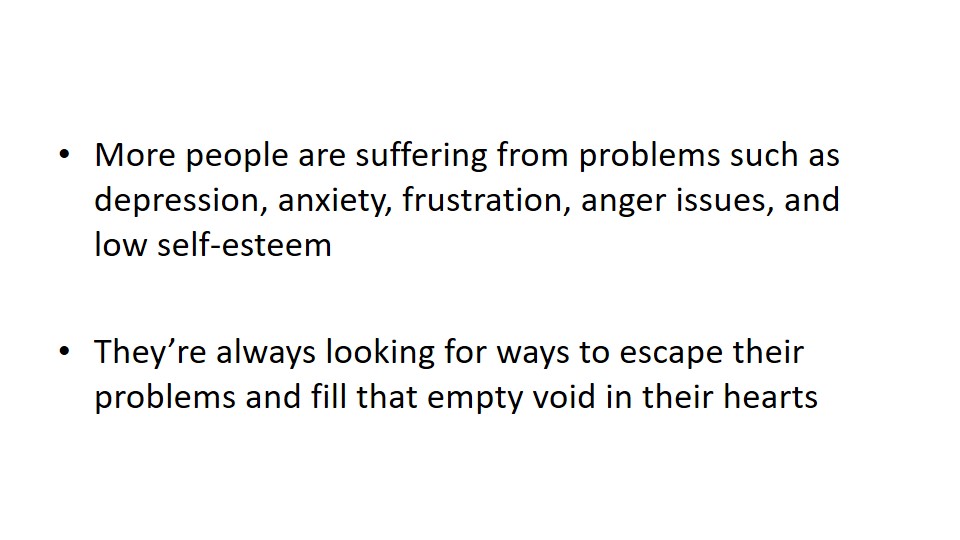
**S3:** It’s also a major factor in determining a person's life expectancy and whether you are likely to contract a major chronic illness, in this - the age of mass-produced highly processed junk food.



**S4:** 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.



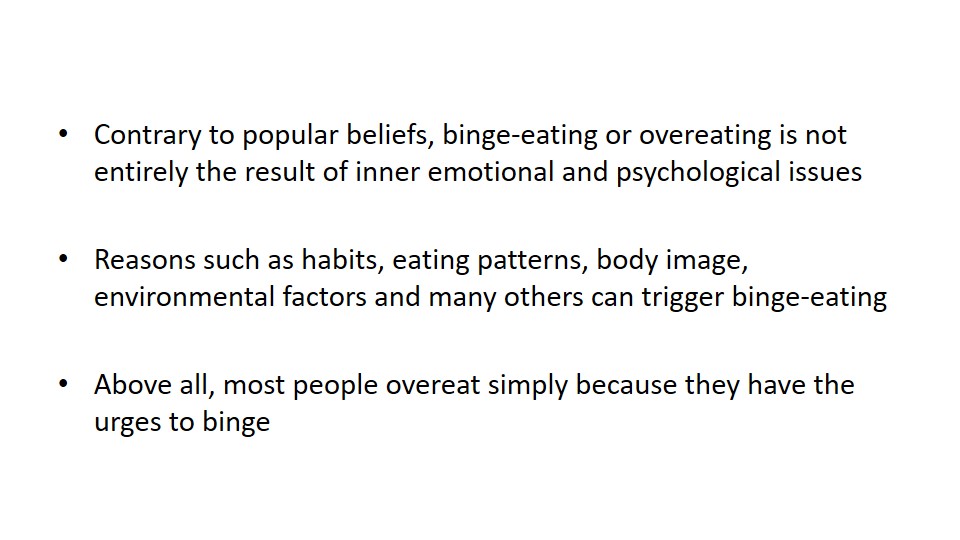
**S5:** People today get sick not only physically, but also psychologically.



**S6:** 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.

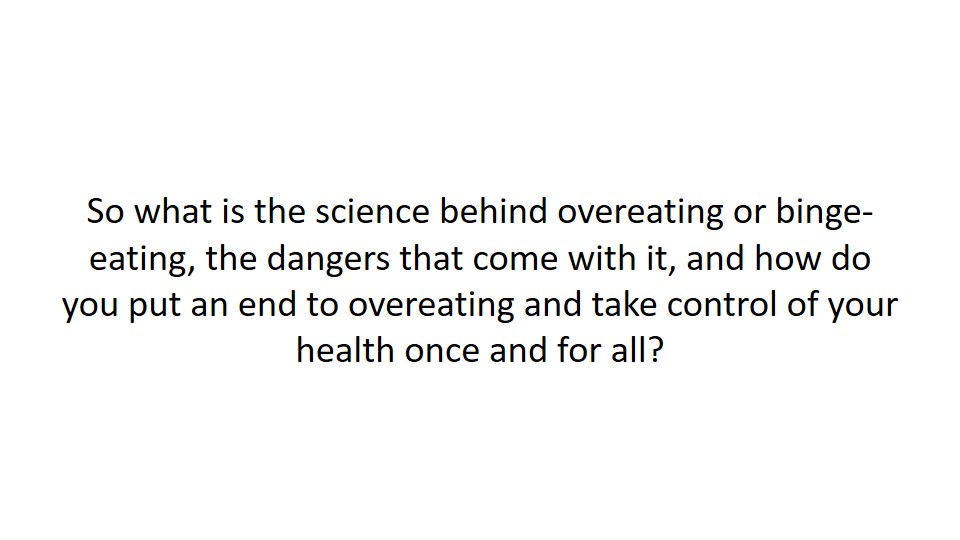


**S7**: And one of the most common ones is through destructive eating behavior - binge-eating.



**S8:** 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.



**S9**: 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?