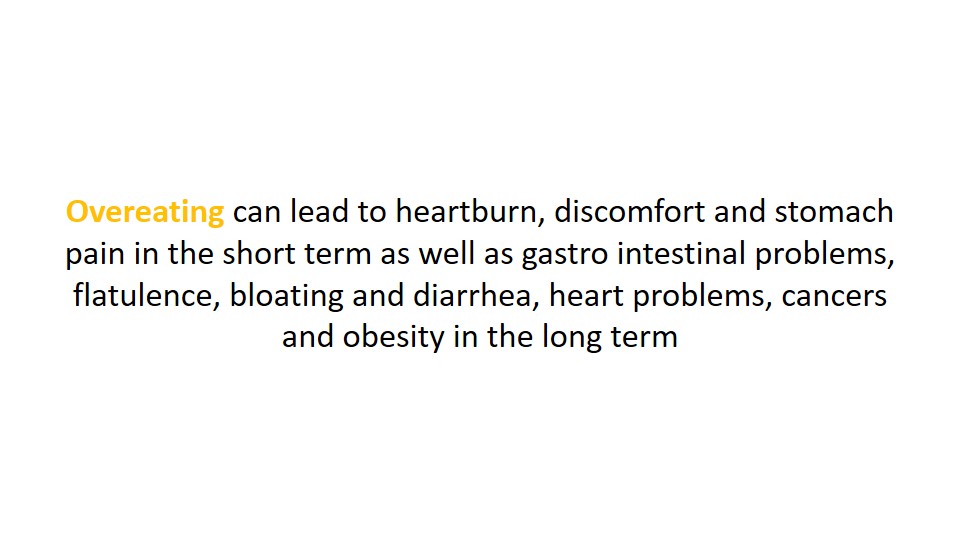
# Chapter 6: 10 Types of Overeating



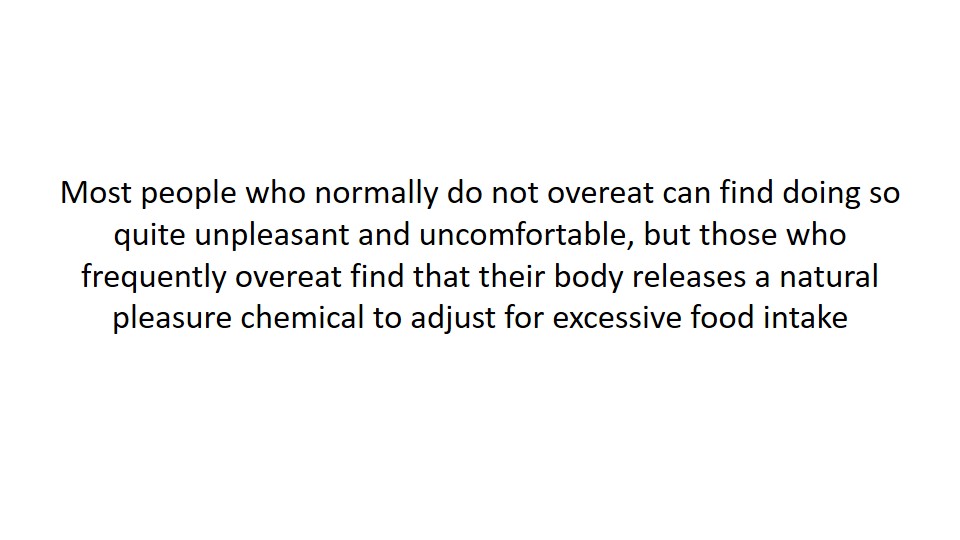
**S1:** In this video, we’ll learn about the 10 types of overeating.



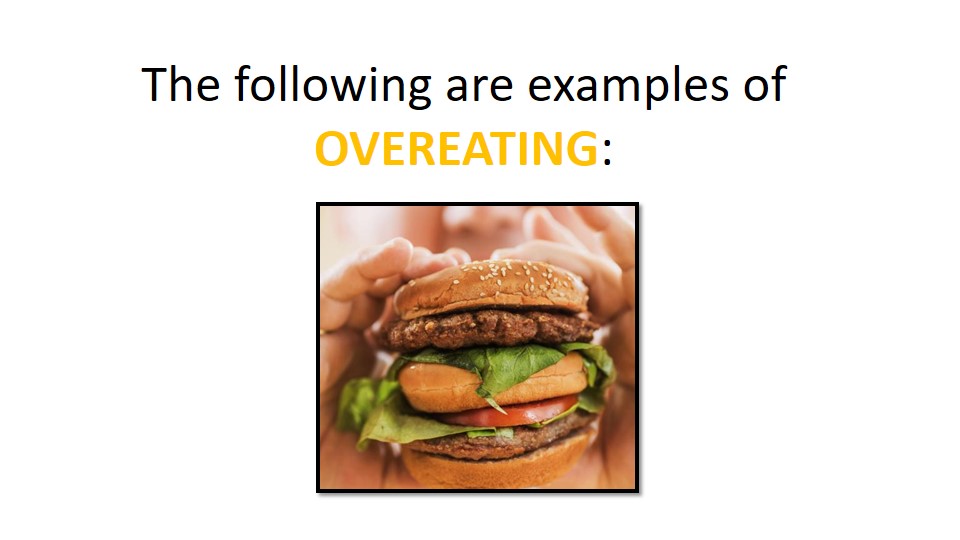
**S2:** There are many different reasons people overeat. It is not as straightforward as the idea that fat people are just being greedy. In fact, as we have already covered, for many people the compulsion to overeat is very hard to control.



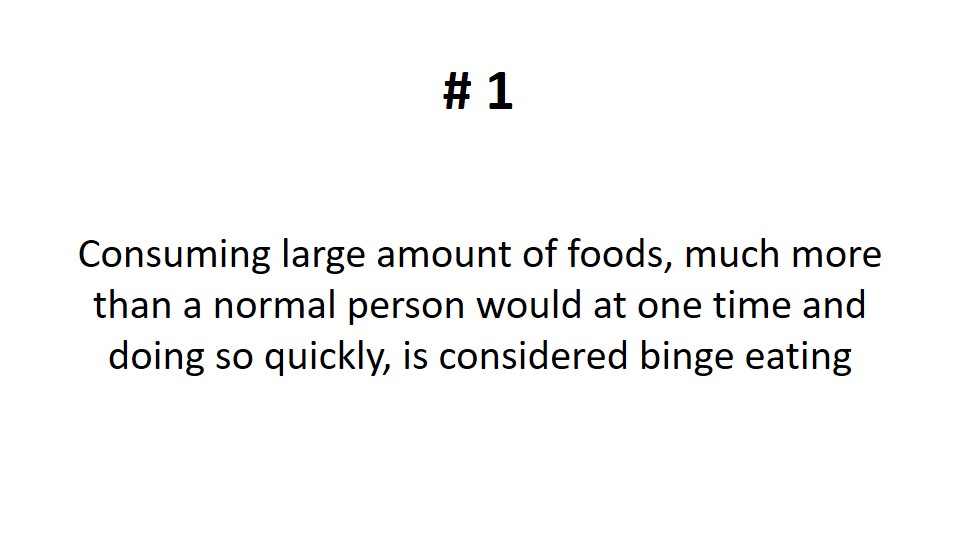
**S3:** Overeating can lead to heartburn, discomfort and stomach pain in the short term as well as gastro intestinal problems, flatulence, bloating and diarrhea, heart problems, cancers and obesity in the long term.



**S4:** Most people who normally do not 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 continuing to want to consume more. This is the start to forming a type of food addiction



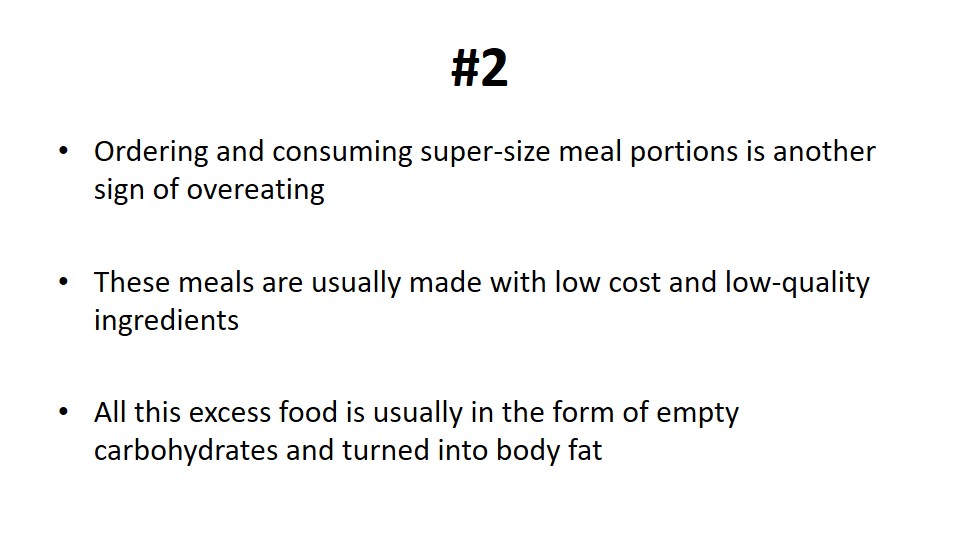
**S5:** The following are examples of overeating;



**S6:**

1. Consuming large amount of foods, much more than a normal person would at one time and doing so quickly, is considered binge eating.

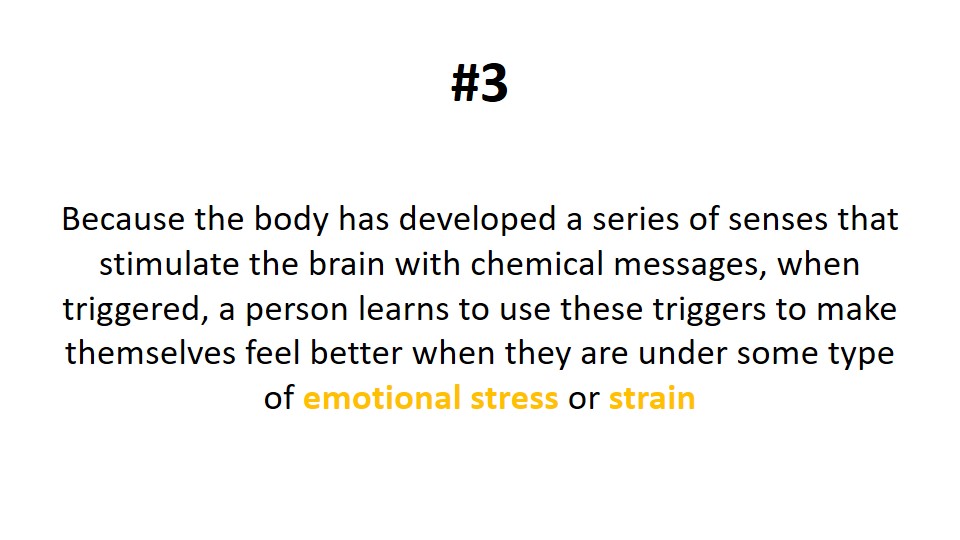
A single or occasional act of binge eating is not necessarily harmful in itself. But if you have a habit of eating this way, it is considered a symptom of can lead to an eating disorder or Bulimia Nervosa.



**S7:**

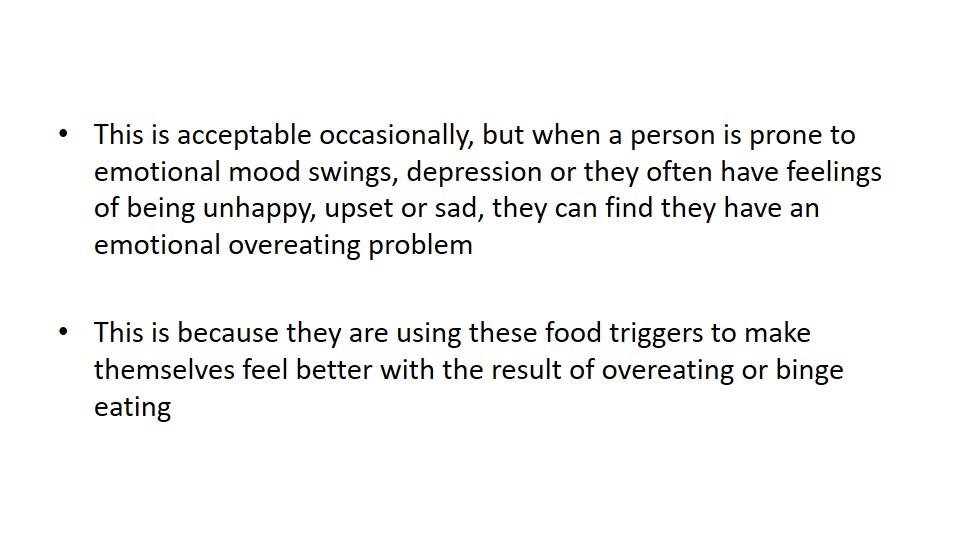
1. Ordering and consuming super-size meal portions is another sign of overeating. There are now a large number of establishments who offer "all you can eat" and very large or supersize portions. These meals are usually made with low cost and low-quality ingredients, so although you are getting a large volume of food you are actually getting very little nourishment which causes your body to seek more food to compensate. All this excess food is usually in the form of empty carbohydrates and turned into body fat.

The normal cycle of using the food you consume for powering and repairing your body, with any extra being turned to fat and then used as needed, stops. Instead of burning the stored fat, your body just burns a portion of the carbohydrates you consume and any excess just goes into your body’s fat stockpile in a never ending cycle so you get bigger and unhealthier.

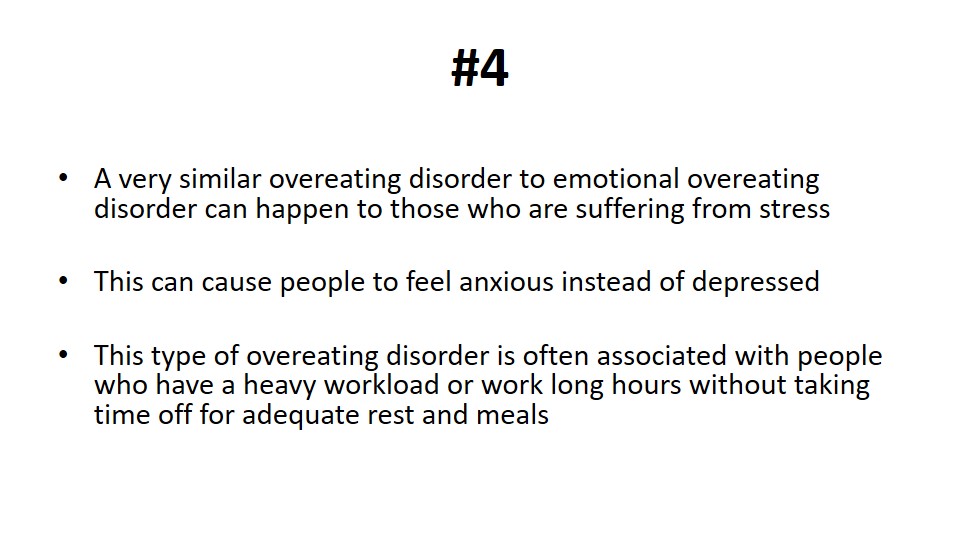


**S8:**

1. 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.

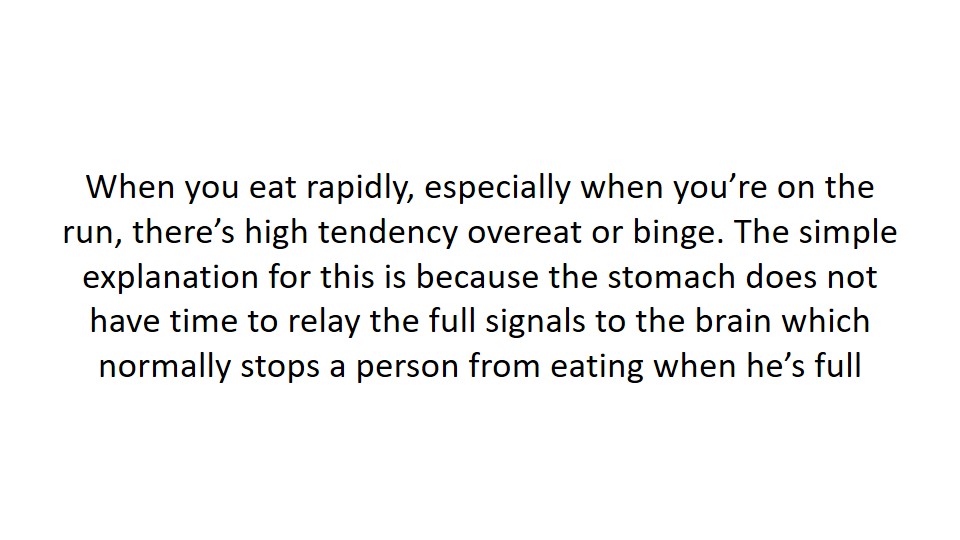


**S9:** This is acceptable occasionally, but when a person is prone to emotional mood swings, depression or they often have feelings of being unhappy, upset or sad, they can find they have an emotional overeating problem. This is because they are using these food triggers to make themselves feel better with the result of overeating or binge eating.

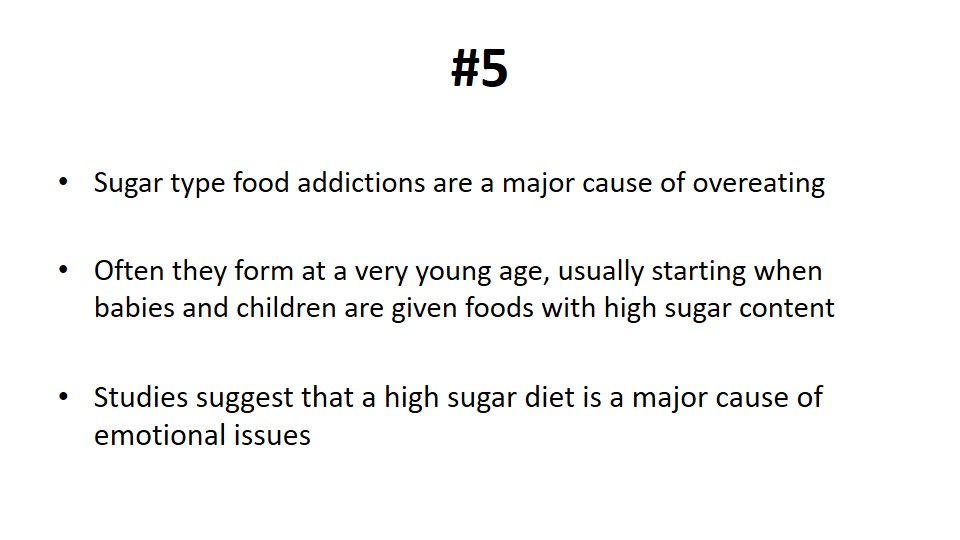


**S10:**

1. A very similar overeating disorder to 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 heavy workload or work long hours without taking time off for adequate rest and meals.

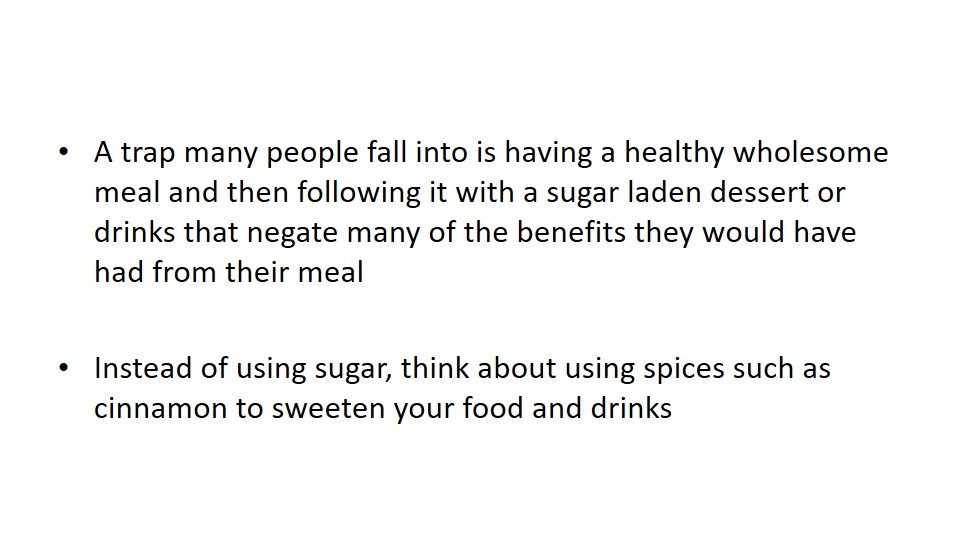


**S11:** When you eat rapidly, especially when you’re on the run, there’s high tendency to overeat or binge. The simple explanation for this is because the stomach does not have time to relay the full signals to the brain which normally stops a person from eating when he’s full.

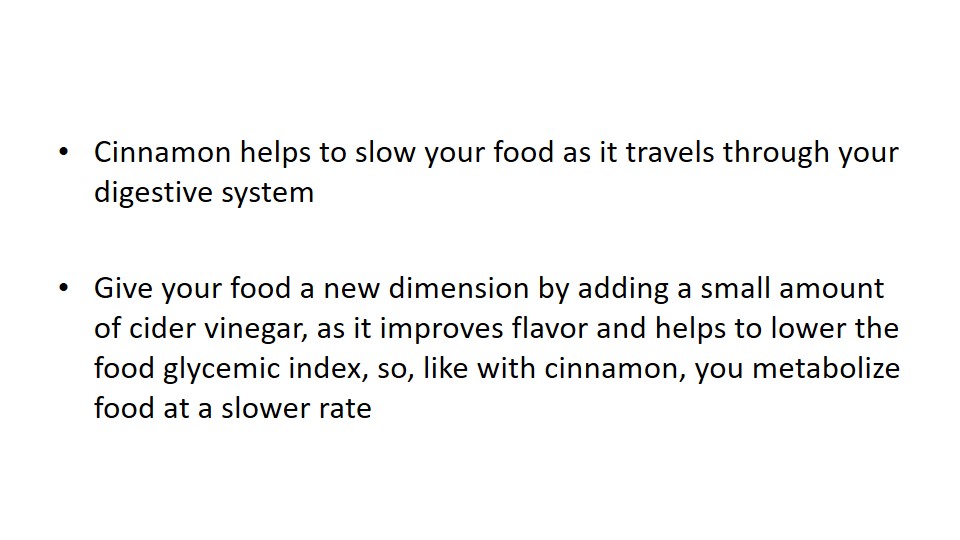


**S12:**

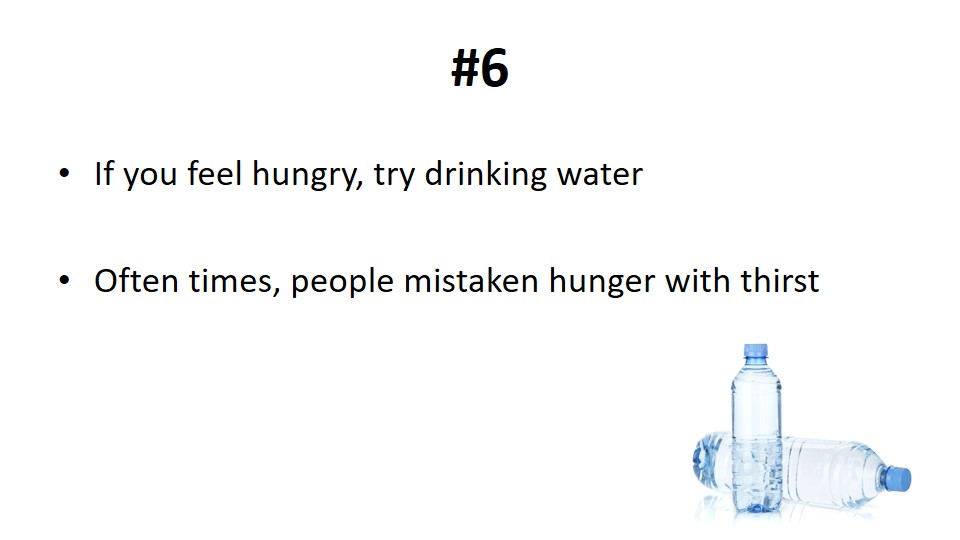
1. Sugar type food addictions are a major cause of overeating. Often they form at a very young age, usually starting when babies and children are given foods with high sugar content. Not only do people who crave sugar often become overweight, they are more likely to have dental problems and high blood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



**S13**: 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.

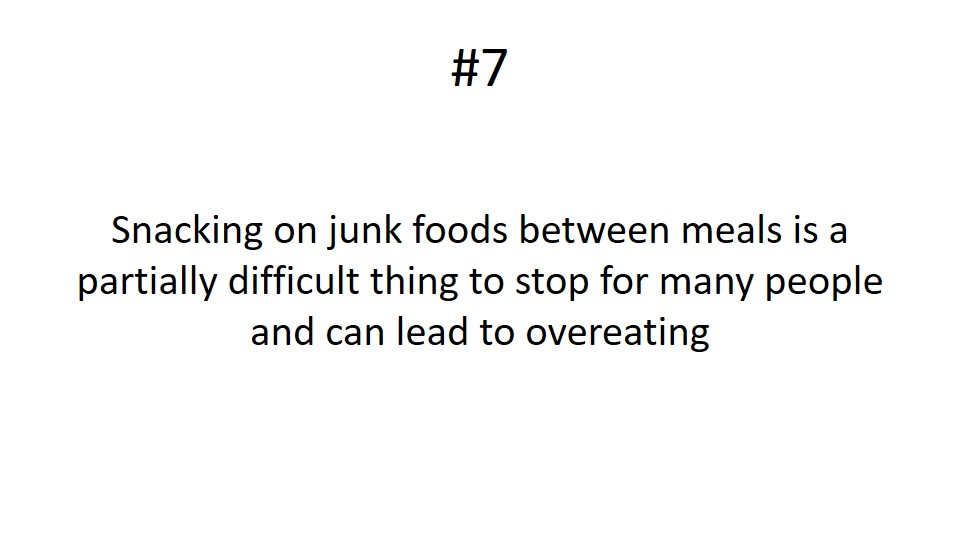


**S14**: Cinnamon helps to slow your food as it travels through your digestive system. Give your food a new dimension by adding a small amount of cider vinegar, as it improves flavor and helps to lower the food glycemic index, so, like with cinnamon, you metabolize food at a slower rate.



**S15:**

1. If you feel hungry, try drinking water. Often times, people mistaken hunger with thirst.

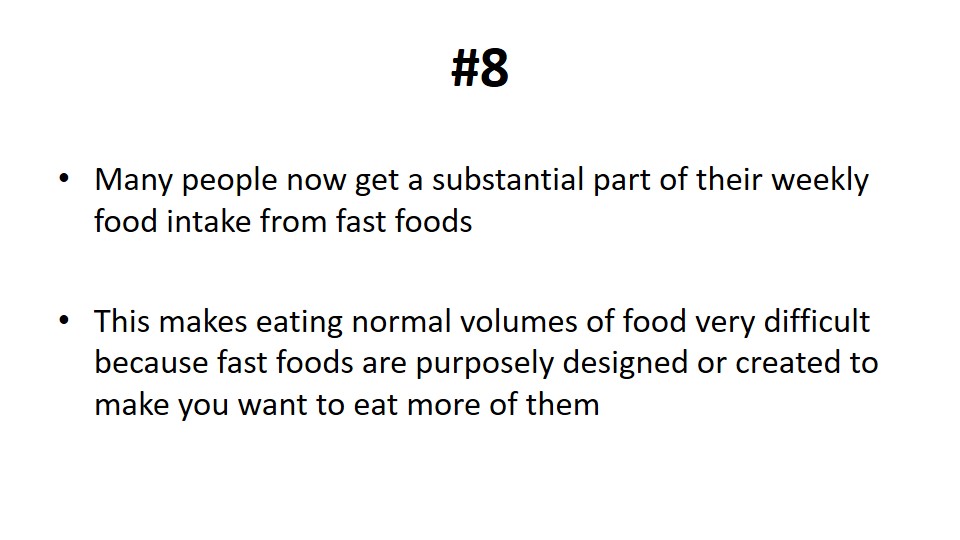


**S16:**

1. Snacking on junk foods 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 snack foods that are healthy and nourishing, such as vegetables like carrots, celery or salads.

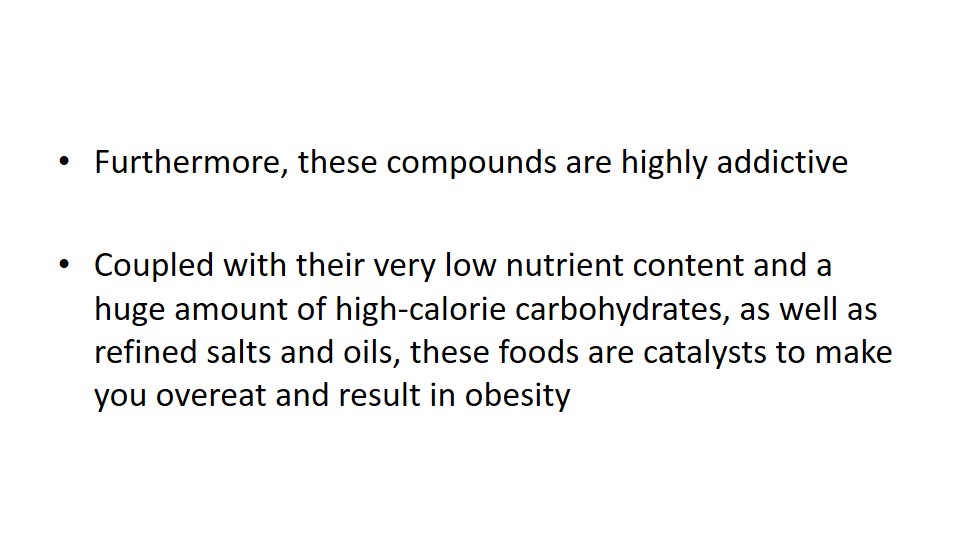


**S17:** Fruit and nuts are also wholesome food choices, but the total calorie count for the day should be taken into account if you are trying to reduce your body weight or daily calories intake.

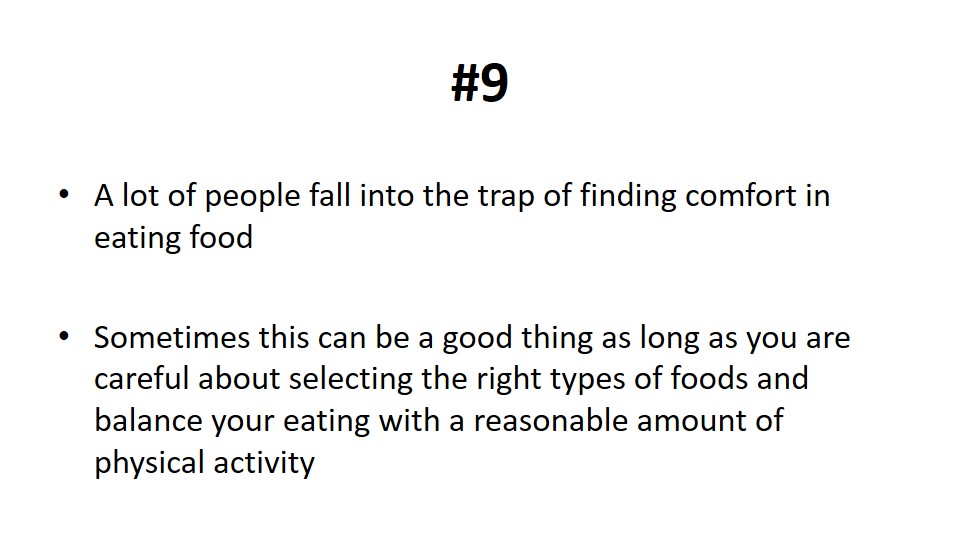


**S18:**

1. Many people now get a substantial part of their weekly food intake from fast foods. This makes eating normal volumes of food very difficult because fast foods are purposely designed or created to make you want to eat more of them. They have in their ingredients carefully formulated chemical additives to make them react with your taste buds sending messages to your brain that the body needs more of this.

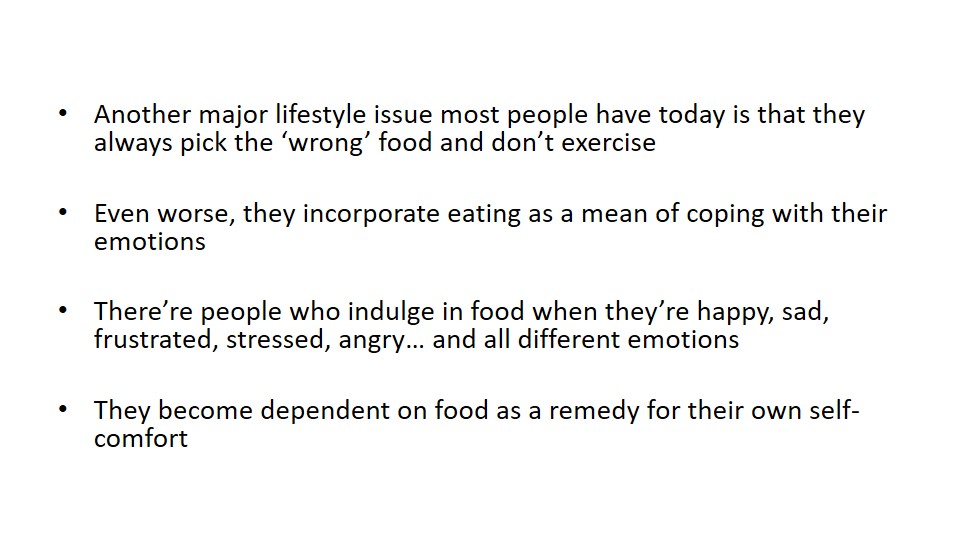


**S19**: Furthermore, these compounds are highly addictive. Coupled with their very low nutrient content and a huge amount of high-calorie carbohydrates, as well as refined salts and oils, these foods are catalysts to make you overeat and result in obesity.

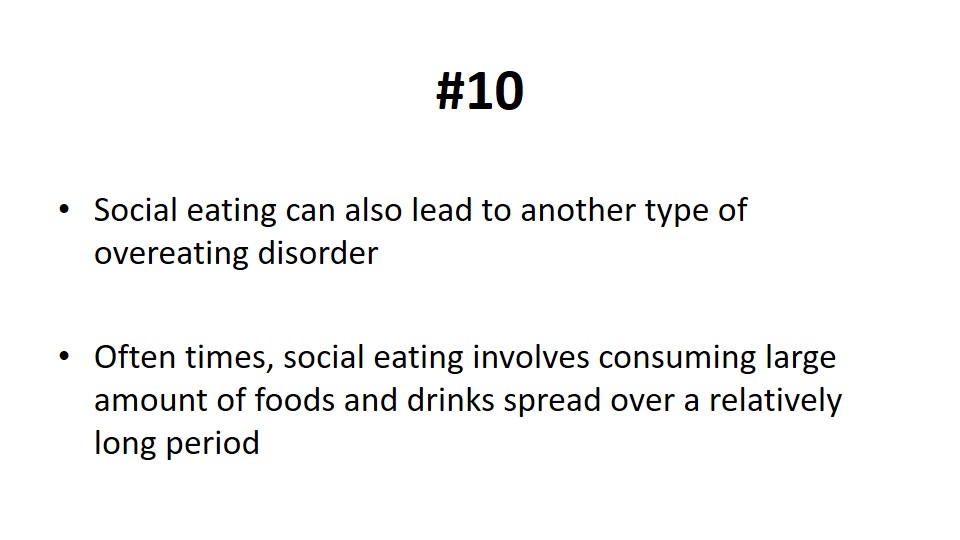


**S20:**

1. 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 foods and balance your eating with a reasonable amount of physical activity.

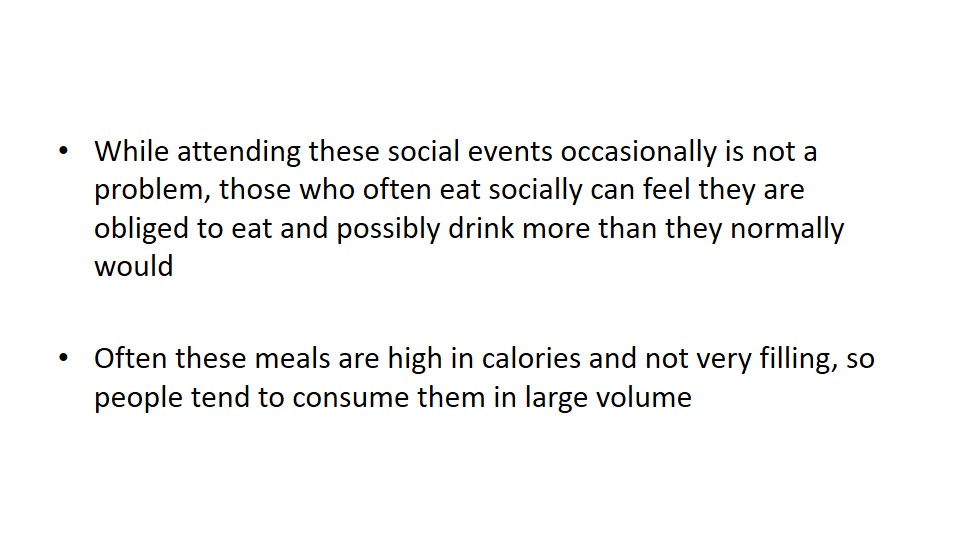


**S21**: Another major lifestyle issue most people have today is that they always pick the ‘wrong’ food and don’t exercise! Even worse, they incorporate eating as a mean of coping with their emotions. There’re people who indulge in food when they’re happy, sad, frustrated, stressed, angry… and all different emotions. They become dependent on food as a remedy for their own self-comfort.

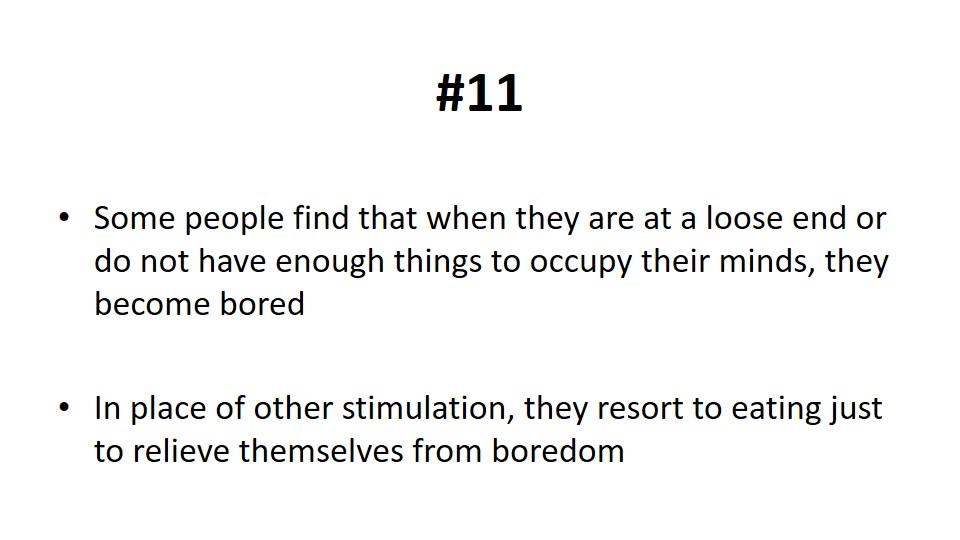


**S22:**

1. Social eating can also lead to another type of overeating disorder. Often times, social eating involves consuming large amount of foods and drinks spread over a relatively long period.

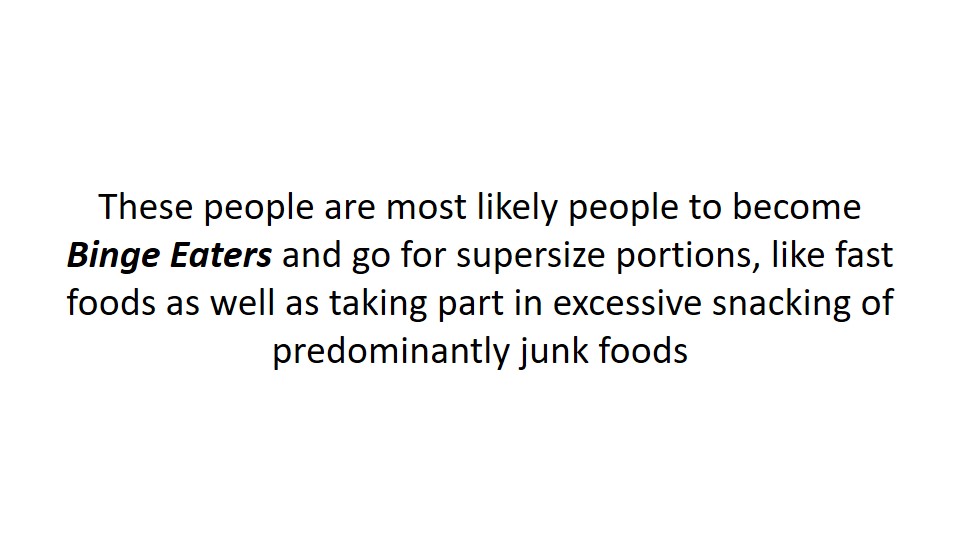


**S23**: While attending these social events occasionally is not a problem, those who often eat socially can feel they are obliged to eat and possibly drink more than they normally would. Often these meals are high in calories and not very filling, so people tend to consume them in large volume.



**S24:**

1. 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.



**S25:** These people are most likely to become binge eaters and go for supersize portions, like fast foods as well as taking part in excessive snacking of predominantly junk foods.