ENDING EMOTIONAL EATING

Weight Loss Surgery

Lap Band

- Pros
  - Adjustable
  - Digestive process not compromised
  - Minimally invasive
- Cons
  - May require additional surgery if stomach is perforated or access port is twisted
  - Weight loss is slow and gradual
  - Repeated follow-up visits with doctor are required

Gastric Bypass

- Pros
  - Weight loss is significant and permanent
  - Mild effects like heart burns can be resolved quickly
- Cons
  - Compromised nutrient absorption
  - Dumping syndrome: very fast emptying of stomach contents

Signs and Symptoms

- Mindless Eating — Ingesting food and not really tasting it or realizing what you are doing
- Feelings of guilt and shame — Embarrassed with or hateful of yourself after a binge
- Eating in secret — Embarrassment causes you to eat in private
- Food always on your mind — Thinking about food all the time
- Feeling sick — Sometimes occurs after overeating
- Unexplainable weight gain — Cannot figure out why you are gaining weight even though you might be exercising and eating healthy meals
- A sudden urge for food — Irrisistible craving for a certain food or just the urge to eat right away
- Depression — Picturing a serving of your favourite comfort food
- Stress — Accompanying anxiety and negative feelings can trigger overeating
- Specific cravings — You have to have a particular food to be satisfied

Causes

- Past Trauma — i.e. sexual abuse
- Poor Self-Image — Low self esteem and negative self image
- Self-Medication — Using food as a drug to numb the emotion
- Depression — strong correlation with emotional overeating
- Stress — produce cortisol which stimulates hunger which can lead to overeating
- Unidentified Triggers
  - Emotional — Eating to relieve boredom,stress,anxiety or to overcome relationship problems
  - Psychological — response to negative ,self-destructive thoughts
  - Environmental/Situational — Eat because the opportunity is there

Alternative Therapies

- Hypnosis — Emotional overeating begins in the mind and hypnosis addresses the mind
- Meditation — Tunes into emotional thought center that is driving your cravings or binge eating
- Herbal Suppliments — Some herbs can help i.e. Hoodia,Vitex, Ginseng
- Acupuncture — May be due to release of endorphins and boosting of metabolism -making the client feel better emotionally.
- Nutrition — Having the right balance of vitamins and minerals may affecct emotional overeating positively

Nutitional Treatment

- Nutritional deficiences
  - Vitamin D
  - B-Complex vitamins
  - Magnesium and Calcium
  - Zinc

Stopping Emotional Eating

- Seek advice from professional as to find out your status — Are you a victim?
- Keep food diary — Note everything you eat and also how you feel when you eat
- Make a grocery list — Put food on list that you are not tempted to binge on
- Do not crash diet
  - Weekly dish of frozen yogurt
  - Boost nutrition with a good quality multivitamin
  - Increase consumption of nutrient dense food
- Eat regular meals — Experts recommend regular mealtimes to fight emotional overeating

Life Choices:The First step to overcome emotional eating

- Exercise — Regular exercise ,three to five times per week
- Nature — Spend more time out in nature
- Alternative stress relief — i.e. Yoga,Pilates ,Meditaton,martial arts
- Swap goodies for goodies — find substitutions for the comfort foods i.e. substitutions such as a short walk,reading a magazine or book for pleasure
- Question yourself: Why am I doing this? — Are you genuinely hungry? Are you seeking an energy boost?