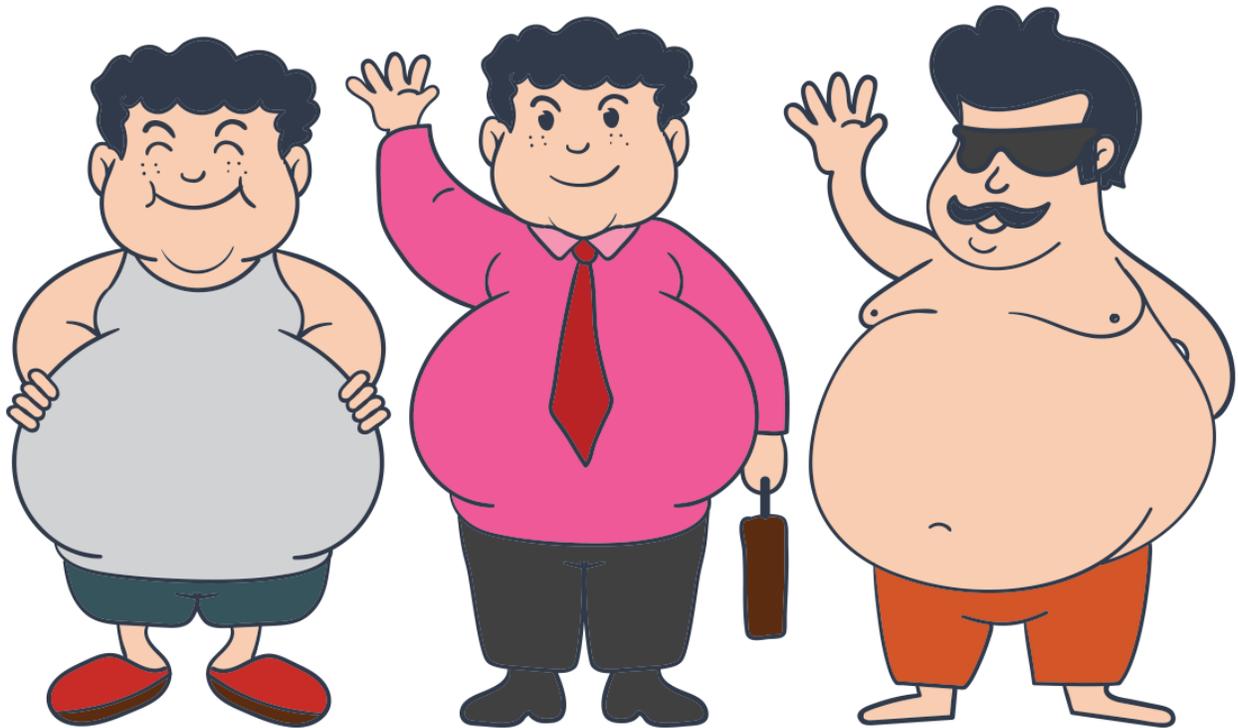


# BATTLE AGAINST

THE

# BULGE



**DROP INCHES FROM YOUR WAIST AND NEVER  
HAVE TO FEEL ASHAMED OF YOUR SIZE EVER AGAIN**

 **InspirationDNA**

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# Foreword

Nearly everybody overeats at one time or another— claiming an extra helping at Thanksgiving Day dinner, for instance, or belting down oodles of cookies during a late-night session of hitting the books.

However if overeating is a steady and unmanageable habit, you might be suffering from binge eating or compulsive overeating.

Binge eaters utilize food to cope with tension and additional damaging emotions, but their compulsive overeating simply makes them feel more insecure.

Binge eating and compulsive overeating is more usual than bulimia and anorexia and impacts a significant number of guys as well as women. Binge eating disorder is treatable, however, and with the correct help and support, you are able to learn to control your eating.

## **Battle Against The Bulge**

Drop Inches From Your Waist And Never Have To Feel Ashamed Of Your  
Size Ever Again

# **Chapter 1:**

## **The Basics On Binge Eating And Compulsive Overeating**

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### **Synopsis**

Binge eating disorder is qualified by compulsive overeating in which individuals eat big amounts of food while feeling out of control and too weak to quit.

The symptoms of binge eating disorder commonly begin in late adolescence or early adulthood, frequently after a major diet. A binge eating sequence commonly lasts around 2 hours, but some individuals binge on and off all day long.

Binge eaters frequently eat even when they're not hungry and carry on eating long after they're full. They might likewise gorge themselves as fast as they may while hardly registering what they're eating or tasting.

## What's Going On

### **The key characteristics of binge eating disorder are:**

- Frequent episodes of uncontrollable binge eating.
- Feeling extremely distressed or upset during or after bingeing.
- Unlike bulimia, there are no regular attempts to “make up” for the binges through vomiting, fasting, or over-exercising.

Individuals with binge eating disorder struggle with feelings of guilt, disgust, and depression. They worry about what the compulsive eating will do to their bodies and beat themselves up for their lack of self-control. They desperately want to stop binge eating, but feel like they can't

Binge eating might be comforting for a brief moment, but then reality sets back in, along with regret and self-loathing. Binge eating often leads to weight gain and obesity, which only reinforces compulsive eating.

The worse a binge eater feels about themselves and their appearance, the more they use food to cope. It becomes a vicious cycle: eating to feel better, feeling even worse, and then turning back to food for relief.

For individuals who compulsively over-eat the condition may be qualified as a food addiction coupled with an obsessional relationship with food. Experts in the field of eating disorder treatment treat this condition as either a food addiction or behavior characteristic.

An individual suffering from compulsive overeating disorder is propelled by a driving force to gorge and engage in commonplace episodes of

unmanageable eating. Binging makes an individual feel out of control and consume food to the point of being too full and at times may become physically sick because of eating a bit much food.

Individuals who compulsively overeat commonly eat for reasons besides physical hunger. An obsession to compulsively eat is evidenced through the individual's devotion to food and secretive nature in relation to be able to eat in seclusion and isolation.

Compulsive overeating likewise leads an individual to gain weight and become obese but this isn't a hallmark of somebody having the condition simply a side effect of high caloric intake on a steady basis.

Additionally individuals who have compulsive overeating engage in grazing conduct and will sporadically pick at food throughout the day. Compulsive overeating leads an individual to devour big amounts of calories even if little amounts of food are eaten at a time.

When the compulsive eating leads to sequences of binging it's a binge eating disorder and when there's continual overeating taking place the individual has a compulsive eating disorder. A compulsive eating disorder treatment center may identify and teach an individual the difference between the 2 disorders and supply the skills and knowledge which lets an individual crush the disorder.

If left untreated a compulsive eating disorder may lead a individual to experience a lot of different health-related problems like high cholesterol, hypertension, sleep apnea, depression, kidney disease, arthritis, bone loss, stroke and diabetes. There are particular signs that may identify whether or

not an individual may have a compulsive eating disorder such signs include the accompanying:

- Binging or unmanageable eating even if not hungry
- Eating really little quantities in public
- Eating more rapidly than normal
- Eating in secret ascribable to shame or guilt
- Feeling shamefaced due to binging
- Compulsion with body weight size
- Depression
- Drawing back from activities due to embarrassment about body and weight
- Cognizance of abnormal eating patterns
- History of being unsuccessful at assorted diet plans
- History of weight spikes and losses and unstable weight care.

# **Chapter 2:**

## **Signs And Symptoms**

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### **Synopsis**

Individuals with binge eating or overeating issues are mortified and ashamed of their eating habits, so they a great deal of the time attempt to hide their symptoms and eat in secret. A lot of binge and compulsive overeaters are overweight or obese, but a few are of normal weight.

## **What Happens**

Behavioral symptoms of binge eating and compulsive overeating are as follows: (some are repeated but deserve to be so and some are new)

- Inability to quit eating or control what you're consuming
- Quickly eating big amounts of food
- Eating even when you're full
- Hiding or stocking food to consume later in secret
- Eating normally around other people, however gorging when you're solo
- Eating ceaselessly throughout the day, with no designed mealtimes

## **Emotional symptoms of binge eating and compulsive overeating**

- Feeling tension or stress that's only relieved by eating
- Embarrassment over how much you're consuming
- Feeling dull or without feeling while bingeing—like you're not truly there or you're on automatic pilot.
- Never feeling quenched, regardless how much you eat
- Feeling guilty, revolted, or depressed after binging
- Desperation to command weight and eating habits

**Ask yourself the accompanying questions. The more “yes” answers, the more probable it is that you have binge or over eating disorder.**

- Do you seem and feel out of control when you're eating?
- Do you think of food all the time... 24-7?
- Do you eat secretly?
- Do you eat till you feel ill?
- Do you eat to shake off worries, relieve tension, or to comfort yourself?
- Do you feel sickened or ashamed after eating?
- Do you feel too weak to stop eating, even though you desire to?

### **The impact of binge eating**

Binge eating leads to a broad assortment of physical, emotional, and social issues. Individuals with binge eating or overeating disorder report a lot of health issues, tension, insomnia, and suicidal notions than individuals without an eating disorder.

Depression, tension, and substance abuse are more common side effects as well. However the most outstanding effect of binge eating and overeating disorder is weight gain.

On episodes of binge eating an individual may eat as much as 5000 calories per session and an upward of 50000 calories or possibly more per day. The feelings that come from determined overeating lead the individual to feel a high which may be akin to what is undergone by a junkie.

There are likewise feelings of emotional release and command which make the conduct pattern hard to break and really addictive. Only with compulsive eating disorder treatment may an individual really identify foul patterns of behavior learn a sounder relationship with food and start the journey to recovery and healing.

Desisting from addictive food patterns may really cause an individual to experience withdrawal symptoms and lead to depression and tension because of increased serotonin levels.

There are a lot of biological complexities which one will come across when dealing with a compulsive eating disorder and this is totally separated from food problems.

Food holds a complex mix of chemicals which impact the human body in an assortment of different ways which is demonstrated in the communication of the stomach and brain. It may be harder to try and quit the compulsion alone which is how come compulsive eating treatment is such a crucial asset to those who wish to become better.

# **Chapter 3:**

## **What Are The Causes**

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### **Synopsis**

Broadly speaking, it takes a combination of matters to develop binge eating and compulsive eating – including an individual's genes, emotions, and experience.

## **What Brings It On**

### **Biological grounds of binge eating**

Biological abnormal conditions may contribute to binge eating. For instance, the hypothalamus (the component of the brain that commands appetite) might not be sending off correct messages about hunger and being full. Research workers have likewise found a genetic mutation that comes out to cause food addiction. Lastly, there's evidence that low levels of the brain chemical serotonin play a part in compulsive eating.

### **Social and cultural grounds of binge eating**

Social pressure to be thin may add to the disgrace binge eaters feel and fire their emotional eating. A few parents unknowingly set the stage for binge eating by utilizing food to comfort, dismiss, or reward their youngsters. Youngsters who are exposed to frequent critical comments about their bodies and weight are likewise vulnerable, as are those who have been sexually abused in puerility.

#### Psychological grounds of binge eating

Depression and binge eating are powerfully linked. A lot of binge eaters are either depressed or have been earlier; others might have trouble with impulse control and handling and expressing their feelings. Low self-regard, loneliness, and body dissatisfaction might also contribute to binge eating.

### **Binge eating and tension**

Among the most common grounds for binge eating is an attempt to handle objectionable emotions like stress, depression, loneliness, fear, and tension. When you have a foul day, it may seem like food is your only supporter. Binge eating may temporarily make feelings like tension, sadness; anxiety, depression, and boredom evaporate into thin air. But the relief is only really fleeting.

The physical explanation of compulsive overeating might be attributed to an overeaters' expanded tendency to secrete insulin at the sight and smell of food, although medical evidence supporting this is controversial. A few research workers likewise attribute it to excessive neurological sensitivity in taste and/or smell.

Fatty foods might cause cocaine-like addiction. Taking drugs like cocaine and consuming too much junk food both bit by bit overload the supposed pleasure centers in the brain. Eventually the pleasure centers "crash," and accomplishing the same pleasure-or even simply feeling normal-calls for increasing amounts of the drug or food.

# **Chapter 4:**

## **Self Help Tips For Overeaters**

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### **Synopsis**

It may be tough to defeat binge eating and food addiction. Contrary to other addictions, your “drug” is essential for survival, so you don’t have the alternative of avoiding it. Rather, you have to develop a sounder relationship with food—a relationship that’s founded on coping with your nutritional needs, not your emotional ones.

## **Things You Can Do**

In order to quit the unhealthy pattern of binge eating, it's crucial to begin eating for health and nutrition. Sound eating involves bringing in balanced meal plans, picking out healthy foods while eating out, and making a point that you're getting the correct vitamins and minerals in your diet.

### **Handle tension.**

One of the most crucial aspects of mastering binge eating is to discover alternate ways to manage tension and additional consuming feelings without utilizing food. These might include working out, meditating, utilizing sensory relaxation techniques, and practicing easy breathing exercises.

### **Consume 3 meals a day plus good for you snacks.**

Eating breakfast jump starts your metabolism in the morning time. Follow breakfast with a balanced luncheon and supper, and healthy snacks in between. Stick with scheduled mealtimes, as skipping over meals frequently leads to binge eating later in the day.

### **Keep away from temptation.**

You're much more likely to binge if you have junk food, sweets, and unhealthy snacks in the home. Take away the temptation by clearing your refrigerator and closets of your preferred binge foods.

### **Quit dieting.**

The deprivation and hunger of severe dieting may spark off food cravings and the urge to overeat. Rather than dieting, center on eating in moderateness. Discover nutritious foods that you love and eat only till you feel content, not uncomfortably engorged. Avoid banning particular foods as this may make you crave them even more.

### **Physical activity.**

Not only will exercise help you slim down in a healthy way, but it likewise lifts depression, betters overall health, and brings down stress. The natural mood-boosting effects of physical activity may help put a stop to emotional eating.

### **Battle boredom.**

Rather than snacking when you're bored, distract yourself. Take a walk; call an acquaintance, read, or resume a hobby like painting or gardening.

### **Get adequate sleep.**

If you're tired, you might want to keep eating in order to supercharge your energy. Take a nap or go to sleep earlier as an alternative.

### **Listen to your body.**

Learn to differentiate between physical and emotional hunger. If you ate recently and don't have a growling tummy, you're likely not truly hungry. Give the craving time to pass.

**Maintain a food diary.**

Write down what you eat, when, how much, and how you're feeling while you eat. You might come across patterns emerge that reveal the connection between your moods and binge eating.

**Acquire support.**

You're more likely to buckle under to binge eating triggers if you lack a firm support network. Talking helps, even if it's not with a professional person. Lean on loved ones and acquaintances, join a support group, and if possible confer with a therapist.

While there are a lot of things you are able to do to help yourself quit binge eating, it's likewise crucial to seek professional support and treatment.

Health care providers who offer treatment for binge eating disorder include psychiatrists, nutritionists, therapists, and eating disorder and obesity medical specialists.

# **Chapter 5:**

## **Stress Reduction**

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### **Synopsis**

It might feel that there's nothing you are able to do about your stress level. The bills aren't going to quit coming, there will never be additional hours in the day for all your errands, and your job or family obligations will always be demanding.

But you have a lot more command than you may think. As a matter of fact, the simple realization that you're in command of your life is the foundation of stress management and getting control of your eating.

## **Unwind**

Handling stress is all about taking control: taking hold of your thoughts, your emotions, your schedule, your surroundings, and the way you deal with issues. The elemental goal is a balanced life, with time for work, relationships, relaxation, and merriment – plus the resiliency to hold up under pressure and meet challenges head on.

Stress management begins with identifying the sources of tension in your life. This isn't as simple as it sounds. Your genuine sources of stress aren't always visible, and it's all too simple to miss your own stress-inducing thoughts, beliefs, and behaviors.

Sure, you might know that you're always worried about work deadlines. But perhaps it's your procrastination, instead of the genuine job demands, that leads to deadline tension.

### **To distinguish your real sources of stress, look closely at your habits, mental attitude, and excuses:**

- Do you excuse away tension as temporary (“I simply have a million things going on today”) even though you can't recall the last time you rested?
- Do you specify tension as an integral part of your work or household life (“Things are constantly loony around here”) or as a function of your personality (“I have a lot of anxious energy, that's all”).
- Do you blame your tension on others or exterior events, or view it as totally common place and unexceptional?

Till you accept responsibility for the role you play in producing or maintaining it, your tension level will remain outside your command.

### **Start a stress journal**

A stress journal may help you identify the steady stressors in your life and the way you handle them. Every time you feel strained, track it in your journal. As you maintain a daily log, you'll begin to see patterns and standard themes. Write down:

- What induced your tension (make a guess if you're unsure).
- How you felt, both physically and emotionally.
- How you behaved in response.
- What you executed to make yourself feel better.
- View how you presently cope with tension

Consider the ways you presently handle and cope with tension in your life. Your stress journal may help you distinguish them. Are your coping techniques healthy or unhealthy, helpful or unproductive? Regrettably, a lot of individuals cope with tension in ways that compound the issue.

### **Unhealthful ways of confronting tension**

These coping techniques might temporarily reduce stress, but they cause more damage in the long haul:

- Smoking
- Drinking overmuch
- Overeating or under eating

- Zoning out for hours in front of the television set or PC
- Withdrawing from acquaintances, loved ones, and activities
- Utilizing pills or drugs to unwind
- Sleeping a bit much
- Dilly-dallying
- Filling each minute of the day to avoid facing issues
- Taking out your tension on other people (lashing out, furious outbursts, physical violence)

### **Acquiring healthier ways to handle stress**

If your techniques of tackling stress aren't contributing to your better emotional and physical health, it's time to discover healthier ones. There are a lot of healthy ways to handle and cope with tension, but they all call for change. You are able to either alter the situation or alter your reaction.

When choosing which option to select, it's helpful to consider the 4 as: avoid, alter, adapt, or accept.

Since everybody has a unique reaction to stress, there's no "one size fits all" solution to handling it. No single technique works for everybody or in each situation, so experiment with different strategies and techniques. Center on what makes you feel calm and in control.

### **Dealing with nerve-racking spots: The Four A's**

#### **Tension management technique #1: Avoid unneeded tension**

Not all tension may be avoided, and it's not healthy to keep away from a situation that needs to be addressed. You might be amazed, however, by the number of stressors in your life that you are able to eliminate.

Learn how to say “no” – understand your limits and stick with them. Whether in your personal or business life, refuse to take on added responsibilities when you're close to accomplishing them. Accepting more than you are able to handle is a surefire recipe for tension.

Avoid individuals who stress you out – If somebody constantly causes tension in your life and you can't turn the relationship around, confine the amount of time you spend with that individual or end the relationship totally.

Take charge of your surroundings – If the evening news makes you nervous, turn the television off. If traffic's got you strained, take a longer but less-traveled road. If going to the grocery is an objectionable chore, do your grocery shopping online.

Keep away from hot-button topics – If you get distressed over religion or politics, cross them off your conversation list. If you repeatedly debate about the same matter with the same individuals, quit bringing it up or excuse yourself when it's the subject of discussion.

Pare your to-do list – examine your schedule, obligations, and daily tasks. If you've got too much on your plate, differentiate between the “shoulds” and the “musts.”

Cut down tasks that aren't really essential to the bottom of the list or eliminate them totally.

### **Tension management technique #2: Alter the situation**

If you can't keep away from a stressful situation, attempt to change it. Work out what you are able to do to alter things so the issue doesn't present itself in the future. Frequently, this calls for altering the way you communicate and operate in your everyday life.

Convey your feelings rather than bottling them up. If something or somebody is bothering you, communicate your worries in an open and respectful way. If you don't vocalize your feelings, resentment will build up and the situation will likely stay the same.

Be amenable to compromise. When you ask somebody to alter their behavior, be willing to do the same. If you both are amenable to bend leastwise a little, you'll have a great chance of discovering a happy middle ground.

Be more self-asserting. Don't take a backseat in your own life. Deal with issues head on, doing your best to predict and prevent them. If you've got a test to study for and your gabby roommate just got home, say up front that you merely have 5 minutes to talk.

Handle your time better. Poor time management may cause much tension. When you're stretched out too thin and running behind, it's difficult to remain calm and centered. But if you plan ahead and make certain you don't overstrain yourself, you may alter the amount of tension you're under.

### **Tension management technique #3: Adapt to the stressor**

If you can't alter the stressor, alter yourself. You may adapt to nerve-racking situations and retrieve your sense of control by altering your expectations and attitude.

Reframe issues. Attempt to view nerve-racking situations from a more positive position. Instead of fuming about a traffic jam, view it as a chance to pause and regroup, listen to your favorite radio station, or savor some alone time.

View the big picture. Take perspective of the nerve-racking situation. Ask yourself how crucial it will be in the long-term. Will it matter in a month? A year? Is it truly worth getting upset over? If the answer is no, center your time and energy elsewhere.

Adapt your standards. Perfectionism is a major source of avertable stress. Quit setting yourself up for failure by calling for perfection. Arrange reasonable standards for yourself and other people, and learn to be all right with "good enough."

Center on the positive. When tension is getting you down, take a minute to reflect on all the matters you appreciate in your life, including your own favorable qualities and gifts. This easy strategy may help you keep things in perspective.

### **Correcting Your Attitude**

How you think may have a profound effect on your emotional and physical welfare. Every time you think a damaging thought about yourself, your body reacts as though it were in the throes of a tension-filled situation. If you see great things about yourself, you're more likely to feel great; the reverse is likewise true.

Eliminate words like "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts.

#### **Tension management technique #4: Accept the things you can't alter**

A few sources of tension are unavoidable. You can't prevent or alter stressors like the death of a loved one, a grave illness, or a national recession. In these cases, the best way to cope with tension is to accept things as they are. Acceptance might be hard, but in the long haul, it's easier than railing against a situation you can't alter.

Don't attempt to control the uncontrollable. A lot of things in life are beyond our control— especially the behavior of others. Instead of stressing out over them, center on the things you may control like the way you decide to react to issues.

Seek the upside. As the saying goes, "What doesn't kill us makes us stronger." When confronting major challenges, try to view them as chances for personal growth. If your own poor choices contributed to a nerve-racking situation, reflect on them and learn from your errors.

Share your feelings. Talk to a trusted acquaintance or make an appointment with a therapist. Conveying what you're experiencing may be very releasing, even if there's nothing you may do to alter the trying situation.

Learn to forgive. Accept the fact that we live in a fallible world and that humans make errors. Release anger and resentments. Free yourself from damaging energy by forgiving and moving on.

### **Tension management technique #5: Make time for fun and rest**

Beyond a take control approach and a positive attitude, you may reduce tension in your life by nurturing yourself. If you regularly make time for fun and rest, you'll be in a better place to handle life's stressors when they unavoidably come.

Fit ways to relax and recharge

- Walk.
- Spend time in nature.
- Call a great friend.
- Workout.
- Write in your journal.
- Take a long bath.
- Light candles.
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Garden.
- Get a massage.

- A good book.
- Listen to music.
- Watch a comedy.

Don't get so caught up in life that you forget to take care of your own needs. Nurturing yourself is a requirement, not a luxury.

Allow relaxation time. Include rest and relaxation in your daily docket. Don't let other obligations infringe. This is your time to take a break from all obligations and reload your batteries.

Connect with other people. Spend time with positive individuals who heighten your life. A strong support system will buffer you from the damaging effects of tension.

Do something you love daily. Make time for leisure activities that bring you delight.

Keep your humor. This includes the ability to laugh at yourself. The act of expressing joy helps your body fight stress in a number of ways.

### **Tension management technique #6: Adopt a healthy lifestyle**

You may better your resistance to tension by strengthening your physical health.

Work out regularly. Physical activity plays a chief role in reducing and preventing the effects of tension. Make time for at least half-hour of exercise, 3 times weekly. Nothing beats aerobics for releasing pent-up tension.

Eat a sound diet. Well-nourished bodies are better fixed to cope with tension, so be mindful of what you eat. Begin your day right with breakfast, and keep your vitality up and your mind clear with balanced, nutritious meals during the day.

Cut down caffeine and sugar. The temporary "highs" caffeine and sugar supply frequently end in with a crash in mood and energy. By cutting down the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more at ease and you'll sleep better.

Keep away from alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs might supply an easy escape from tension, but the relief is only temporary. Don't avoid or block out the issue at hand; deal with issues head on and with a clear mind.

Get adequate sleep. Adequate sleep fuels your brain, as well as your body. Feeling tired will step-up your tension as it might cause you to think irrationally.

# **Chapter 6:**

## **Using Therapy**

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### **Synopsis**

Binge eating and compulsive eating may be successfully treated in therapy. Therapy may teach you how to battle the compulsion to binge, exchange unhealthful habits for fresher healthy ones, monitor your eating and moods, and acquire effective stress-busting tools.

## **Professional Help**

3 sorts of therapy are especially helpful in the treatment of binge eating and compulsive overeating:

Cognitive-behavioral therapy –centers on the dysfunctional thoughts and behaviors involved with binge eating. Among the main goals is for you to become more self-aware of how you utilize food to deal with emotions. The therapist will help you realize your binge eating triggers and learn how to prevent or battle them. Cognitive-behavioral therapy for binge eating likewise calls for education about nutrition, sound weight loss, and relaxation strategies.

Interpersonal psychotherapy - centers on the relationship issues and interpersonal issues that contribute to compulsive eating. Your therapist will help you better your communication skills and develop healthier relationships with loved ones and acquaintances. As you learn how to relate better to other people and get the emotional support you require, the compulsion to binge becomes more infrequent and simpler to resist.

Dialectical behavior therapy –blends cognitive-behavioral strategies with mindfulness meditation. The emphasis of therapy is on instructing binge eaters how to accept themselves, stomach tension better, and regulate their emotions. Your therapist will likewise address unhealthy attitudes you might have about eating, shape, and weight. Dialectical behavior therapy commonly includes both individual treatment sessions and weekly group psychotherapy sessions.

## **Reinforcement for binge eating**

Breaking the old pattern of binge eating is difficult, and you might slip from time to time. This is where the support of other people may really come in handy. Loved ones, acquaintances, and therapists may all be part of your support team. You might likewise discover that joining a group for binge eaters is helpful. Sharing your feelings with other compulsive eaters may go a long way toward cutting down the stigma and loneliness you might feel.

There are a lot of group options, including self-help support groups and more formal therapy groups.

- Group therapy - Group therapy sessions are led by a schooled psychotherapist, and might cover everything from healthy eating to confronting the urge to binge.
- Support groups – Support groups for binge eating are led by schooled volunteers or health care providers. Group members provide and receive advice and support one another.

## **Support groups for binge eating disorder**

Overeaters Anonymous

Eating Disorders Anonymous

## **Medications for binge and overeating**

Medication isn't a cure for binge eating disorder. A number of medicines might be useful in helping to treat binge eating symptoms as part of a

comprehensive treatment plan that includes therapy, group support, and proven self-help strategies.

- Appetite suppressants – fields of study on the appetite-suppressing drug sibutramine, recognized by the brand name Meridia, indicate that it might decrease the number of binge eating episodes and boost weight loss. Side effects might include a big increase in blood pressure or pulse rate, seizures, bleeding, and serotonin syndrome, a rare but dangerous issue.
- Topamax – The seizure drug topiramate, or Topamax, might decrease binge eating and step-up weight loss. But, Topamax may cause grave side effects, including fatigue, vertigo, and burning or tingle sensations.
- Antidepressants – Research demonstrates that antidepressants might decrease binge eating in individuals with bulimia and might likewise help individuals with binge eating disorder. But, studies likewise show that relapse rates are high when the drug is stopped.

### **Self-prescribing risk**

Self-prescribing any medicine, particularly antidepressant medication, is exceedingly dangerous. It may even be fatal. Always consult a physician or mental health professional before taking any medicine.

# **Chapter 7:**

## **Helping Someone Else**

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### **Synopsis**

Warning signs that a loved one is bingeing include discovering piles of empty food packages and wrappings, cupboards and refrigerators that have been cleared out, and buried stashes of high-calorie or junk food.

If you suspect that your acquaintance or loved one has binge eating disorder, talk to the individual about your concerns. It might feel daunting to begin such a delicate conversation, and your loved one might deny bingeing or get angry and defensive, but there's a chance that he or she will welcome the chance to discuss their painful battle.

## **Helping Somebody With Binge Eating Disorder**

If the individual shuts you out at first, don't quit; it might take some time before your loved one is amenable to admit to having an issue.

And remember: as hard as it is to know that somebody you love might be have an eating disorder, you can't force somebody to change. The decision to seek recovery has to come from them. You are able to help by providing your compassion, encouragement, and support throughout the treatment process.

### **If your loved one has binge eating disorder**

- Promote him or her to seek help. The longer an eating disorder stays undiagnosed and untreated, the harder it will be to overcome, so urge your loved one to see a health care provider.
- Be supportive. Attempt to listen without judgment and make certain the individual knows you care. If your loved one slips up on the road to recovery, prompt them that it doesn't mean they can't stop binge eating for good.
- Prevent insults, lectures, or guilts. Binge eaters feel foul enough about themselves and their behavior already. Lambasting, getting upset or issuing ultimatums to a binge eater will simply increase tension and make the situation worse. Rather, make it clear that you care about the person's health and happiness and you'll continue to be there for him or her.

- Set a great example by eating healthily, exercising, and managing stress without food.
- Take care of yourself. Know when to look for advice for yourself from a counselor or health care provider. Dealing with an eating disorder may be stressful, and it will help if you have your own support system in place.

## Wrapping Up

With therapy, the self help tips and counseling it's possible for an individual to recover from a compulsive and binge eating. More than 80% of those who look for treatment eating disorders report a total recovery or a significant reduction in cases of binge eating and alleviation of symptoms.

A lot of eating disorders come with psychological elements which are only able to be handled effectively with the advantage of medical intervention and assistance. To totally recover, an individual needs to seek professional help as promptly as possible and embrace treatment fully and totally.

Chronic compulsive eating may be catastrophic to those who are caught up in the vicious circle. To prevent permanently harming the body and health the need for professional eating disorder treatment is exceedingly crucial.

By engaging in conversation, therapy counseling eating disorder training, self help techniques and additional treatment modalities an individual may experience a full recovery and be a healthy productive individual inside and out.

**CONGRATULATIONS!**

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