

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Overcome Emotional Eating

By Ellen Shuman

How to Overcome Emotional Eating by Ellen Shuman

I was stuck in a self-defeating cycle!

I felt out-of-control with food! I was either overeating or dieting. In either mode, I felt I was never good enough. I had willpower and stick-to-itiveness in many other areas in my life. So why couldn't I apply that same resolve to my eating habits?

I wasted so much time, energy, and money. I was obsessed with my weight. Living like that was miserable. Today, I understand that weight was not the real problem. It was actually a symptom. The real problem was that I was an "emotional eater".

Emotional Eaters use food to manage feelings. We use food to self-soothe. People who have struggled with it, and the professionals who treat it, call it by many different names; compulsive overeating, emotional eating, and food addiction. No matter what it's called, people USE food because food works!

1. Food works as a tension reliever

Both eating food and thinking about food work as distractions from uncomfortable feelings. Being food-focused takes the edge off any feeling that a person would rather not feel or tolerate (boredom, stress, anxiety, anger, loneliness, etc.).

For example... You're feeling bored. Suddenly you find yourself thinking about the ice cream in the freezer. As soon as you start to think about the ice cream, you are no longer focused on feeling bored.

Food and food thoughts can be used in reaction to and as a defense against any intense feeling or stressful life situation. The use of food to manage mood becomes a self-reinforcing habit.

(Today, scientists are also focused on the biology & brain chemistry of overeating. There may also be many physiological reason why we keep turning to food even when it feels self-defeating to do so?)

How to Overcome Emotional Eating

2. Emotional Eating happens on a continuum Emotional eating is normal. We all celebrate with food. When something sad occurs, friends and neighbors arrive with cakes and casseroles. It's only when emotional eating begins to have impact on one's emotional and/or physical well-being, and it's used as a person's primary strategy for mood regulation, that it becomes a problem. When eating becomes a primary coping strategy, it greatly impacts a person's quality of life.

At the most extreme point on the emotional eating continuum, there may be a diagnosable eating disorder present -such as bulimia or binge eating disorder—and often, clinical depression as well.

3. Here's how food works as a mood regulator:

Ø First, an emotional eater experiences an uncomfortable feeling. For example... You just had a fight

with a family member and you're feeling really angry!

Ø Next, you have a FOOD THOUGHT; and you find yourself reaching for a bag of chips or cookies. (You may or may not be conscious of when or why you are having a food thought.)

Once you are focused on the chips, you are no longer focused on how angry you feel. The use of food as a distraction works...

Ø You eat the chips, warding off the anger for a little while. Then, the anger comes back. Now, in addition to the anger, an emotional overeater has to deal with the guilt and shame he/she feels every time he or she eats chips (or any other food that he or she has labeled "forbidden").

4. This is the self-defeating cycle—the trap for an emotional eater

Until you develop healthier coping strategies, and you overcome the "good food vs. bad food" beliefs, the only way to avoid the guilt and the shame that results from emotional overeating—is more emotional overeating! Every time we swear we'll be "good" on a diet today, and then turn back to food for comfort, we feel like we have "failed". Then, to "stuff down" our frustration, or anger, or desperation, we turn back to food.

5. So, what can you do if Emotional Eating is a problem?

Make a conscious effort to become more aware of how and why you may be using food. Develop new skills for mood regulation. If you need support to do so, find appropriate professional help (find a class, hire a Coach or a Licensed Psychotherapist). The focus should be on self-care and improved emotional and physical well-being—eating well and being fit—not on dieting and weight loss. Remember, dieting is a trap for an emotional eater. Dieting just leads to more emotional eating.

Ellen Shuman is the founder and Exec. Director of the WellCentered Eating Disorder Treatment Programs & www.aweighout.com, which conducts Phone Coaching & Groups about Emotional Eating to people worldwide. A Peabody/Emmy Award winning journalist, Shuman entered the wellness field in 1992 following an appearance on the Oprah Winfrey Show. Today, she speaks nationally on the subjects of emotional eating, body image & size-ism.

3 Quick Tips To Stop Emotional Eating

By Kathryn O'Neill

3 Quick Tips To Stop Emotional Eating by Kathryn O'Neill

It's been called the number one sabatoger of weight loss plans everywhere, whether low carb or low fat, diet or natural weight loss. It's the dreaded E. E.

Emotional Eating.

If you've ever binged on brownies out of boredom, shoveled French fries out of frustration, inhaled apple pie out of anger, you know the damage emotional eating can do to even the best weight loss efforts.

In fact, it's been estimated that 75% of overeating is caused by emotions. (Translation: BIG problem for weight loss)

Although Emotional Eating is a serious problem and often has deep roots, it can be overcome. You don't have to live your life as a slave to emotional eating.

With that in mind, I've listed the 3 quick tips to help you stop emotional eating (and start losing weight!)

#1 Be Happy!

I know, it sounds simple but it works! How tempted are you to eat emotionally when you are happy, challenged, living and enjoying life to the fullest? When you're excited about life, you don't NEED food for that quick pick-me-up!

Take some time every day to reflect on what gives you joy in your life. Are you moving in that direction?

Find things to be happy about. Be thankful for special people in your life. Do something outrageously fun—whatever it takes! Happiness will ward off the worst case of emotional eating blues!

#2 Have a Nurture List

Make a list of all the ways you can nurture yourself BESIDES eating. It might be taking a bubble bath or going shopping at your favorite boutique. Anything that you really enjoy.

I call this my "backup list". All the things I can do BESIDES eating that involve MAJOR self-care. If money is tight, make a list of FREE things you can do instead of eating. Put it up where you can see it. It's amazing what happens when you give yourself options!

#3 Practice Prevention

How to Overcome Emotional Eating

Stop emotional eating before it starts! How many times do we start to feel a little blue or bored, and then continue on without addressing it? Before we know it, we're in a full-scale emotional storm and it's REALLY hard to fight off that call of the brownies or the potato chips.

Be vigilant. If something bothers you, address it right away (even if it's only within your head!) and deal with it. You CAN prevent a lot of emotional eating temptations if you practice prevention this way!

By practicing these quick tips, you'll save yourself from a lot of unwanted calories and emotional eating frustration. Try them and enjoy the results of a smaller waistline!

Want To Learn How To Overcome Emotional Eating FOR GOOD? Kathryn O'Neill is a Certified Nutrition and Wellness Specialist & holds a degree in Behavioral Psychology. She has authored several e-books that teach people how to lose weight naturally & overcome emotional eating for good. For More Details Click Here => <http://www.weightmasterycoach.com>



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

How to Overcome Emotional Eating

