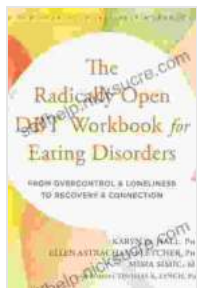


Proven Program To Break The Cycle Of Bingeing And Out Of Control Eating



The DBT Solution for Emotional Eating: A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating by Larry Olmsted

★★★★☆ 4.5 out of 5

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File size : 2313 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 278 pages



Are you tired of feeling out of control around food?

Do you find yourself bingeing on unhealthy foods, even when you're not hungry?

Do you feel like you can't stop eating once you start?

If you answered yes to any of these questions, you may be struggling with binge eating disorder (BED). BED is a serious eating disorder characterized by recurrent episodes of binge eating. Binge eating is defined as eating a large amount of food in a short period of time, often until you feel uncomfortably full. People with BED often feel a sense of loss of control during binge episodes, and they may continue to eat even after they feel physically ill.

BED can have a significant impact on your physical and mental health. People with BED are at an increased risk for obesity, heart disease, high blood pressure, and diabetes. BED can also lead to depression, anxiety, and low self-esteem.

If you're struggling with BED, there is hope. There are a number of evidence-based treatments that can help you break the cycle of binge eating and regain control of your eating habits. One such treatment is cognitive behavioral therapy (CBT).

CBT is a type of talk therapy that helps you identify and change the negative thoughts and behaviors that contribute to binge eating. In CBT, you will learn how to:

- Identify your binge triggers
- Develop coping mechanisms for dealing with triggers
- Change your negative thoughts about food and eating
- Develop healthy eating habits

CBT has been shown to be effective in treating BED. In one study, 70% of participants who received CBT were able to achieve abstinence from binge eating after one year.

If you're interested in learning more about CBT for BED, talk to your doctor or mental health professional. There are also a number of self-help books and online resources available to help you get started.

In addition to CBT, there are a number of other treatments that can be helpful for BED, including:

- Medication
- Nutritional counseling
- Support groups

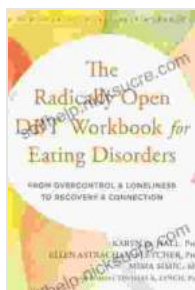
The best treatment for BED will vary depending on the individual. It's important to work with your doctor or mental health professional to develop a treatment plan that is tailored to your specific needs.

If you're struggling with BED, there is hope. With the right treatment, you can break the cycle of binge eating and regain control of your eating habits.

Here are some additional tips to help you break the cycle of binge eating:

- Eat regular meals and snacks throughout the day.
- Avoid skipping meals, as this can lead to overeating later on.
- Eat slowly and mindfully, paying attention to your hunger cues.
- Stop eating when you're full.
- Avoid emotional eating. Find other ways to cope with stress, such as exercise, yoga, or meditation.
- Get rid of tempting foods from your home.
- Surround yourself with supportive people who understand your struggles.

Recovery from BED is possible. With the right treatment and support, you can break the cycle of binge eating and regain control of your eating habits.



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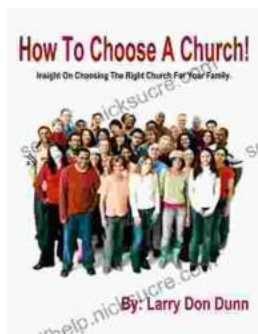
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