

DO I HAVE BINGE EATING DISORDER (BED)?



THE UNDIET COMPANY

BINGE EATING DISORDER: WHAT IS IT AND HOW TO KNOW IF YOU HAVE IT

We've all been there...

You open a bag of chips to enjoy a “little snack,” but suddenly, you're staring at the empty bag, wondering how it disappeared so fast. *(No judgment – we've all been there!)*

But is this just overeating, or is it something more?

Are you eating because you're truly hungry, or because you're stressed, sad, or even bored?

For some, it's an occasional habit. For others, it's something more serious – a condition known as **Binge Eating Disorder (BED)**.

If you've ever wondered whether your eating habits might be a sign of something deeper, this guide is for you.

We'll walk you through what BED is, how it's different from normal overeating, how to recognise if you might have it, and what treatment options are available.

WHAT IS BINGE EATING?

Binge eating is more than just an extra-large meal or indulging in a few snacks late at night...

It's eating a large amount of food in a short time while feeling out of control. You may feel powerless to stop, even if you're already full.

Afterwards, you might feel guilty, ashamed, or physically unwell.

Unlike overeating at a holiday dinner (*who hasn't been there?*), binge eating tends to occur frequently and is often accompanied by a sense of loss of control.

It's not about hunger or enjoyment – it's about trying to escape uncomfortable emotions.

Signs Of Binge Eating

- Frequently eating large amounts when you're not physically hungry.
- Eating faster than normal.
- Eating until you're uncomfortably full.
- Feeling out of control during episodes.
- Experiencing guilt, shame, or distress afterwards.

Binge eating is also linked to **Binge Eating Disorder (BED)**, which is the most common eating disorder worldwide.

It's a recognised mental health condition that often requires professional support to overcome.

Those who struggle with BED often experience frequent episodes of binge eating, which can impact both their physical and mental health in the long term.

BED is the most common eating disorder among adults worldwide...

In the United States, approximately **1 in 28 women** and **1 in 50 men** struggle with BED.



BINGE EATING VS. OVEREATING

It's important to distinguish between overeating and binge eating, as they are not the same.

Overeating is common and happens to many people, such as during holidays or special occasions, and doesn't typically involve the distress or loss of control associated with BED.

Binge eating, however, is characterised by regular episodes of consuming large amounts of food with a sense of loss of control and significant emotional distress.



THE IMPACT ON YOUR HEALTH

Binge eating can affect your body and mind in profound ways. Over time, binge eating can lead to:

Physical Health Impacts:

- **Weight Gain:** Consuming more calories than your body needs, especially during binge episodes, can lead to unwanted weight gain.
- **Obesity-Related Conditions:** Increased risk of health issues like type 2 diabetes, heart disease, high blood pressure, and certain types of cancer.
- **Digestive Problems:** Eating large amounts quickly or over-relying on processed, sugary, or fatty foods can lead to bloating, indigestion, acid reflux, or constipation.
- **Fatigue and Low Energy:** Overeating can cause sluggishness, while nutrient-poor diets can leave you feeling drained.
- **Hormonal Imbalances:** Fluctuating blood sugar levels from bingeing or eating irregularly can disrupt hormones, impacting sleep, mood, and hunger regulation.
- **Nutritional Deficiencies:** Emotional eating often involves “comfort foods” that lack essential nutrients, leading to deficiencies in vitamins and minerals.

- **Poor Immune Function:** Long-term nutritional imbalances can weaken your immune system, making it harder to fight off illnesses.
- **Physical Discomfort:** Binge eating episodes often cause stomach pain, nausea, and a general feeling of being physically unwell.

Mental Health Impacts:

- **Guilt and Shame:** Feelings of failure or embarrassment often follow binge eating episodes.
- **Anxiety:** Worrying about food choices, body image, or future episodes can increase overall anxiety.
- **Depression:** Persistent guilt and frustration with eating habits can contribute to feelings of hopelessness and low mood.
- **Low Self-Esteem:** Struggling to control eating can impact your confidence and how you see yourself.
- **Social Isolation:** Avoiding social situations involving food or eating in secret can create a sense of loneliness.
- **Body Image Issues:** A negative relationship with food can lead to dissatisfaction with your body, fueling cycles of dieting and overeating.
- **Emotional Numbing:** Using food to suppress or avoid emotions can make it harder to process and heal from life's challenges.
- **Stress Over Eating Patterns:** Constantly worrying about bingeing adds stress to daily life, creating a vicious cycle.

WHEN SHOULD YOU SEEK PROFESSIONAL HELP FOR BINGE EATING?

It's not uncommon to overeat occasionally – most people do. But binge eating is different. If you're unsure whether your eating habits might require professional attention, here are some key signs and patterns to look out for:

Frequency of Episodes

Binge eating becomes a concern when episodes happen frequently.

- If you're binge eating **at least once a week** for three months or more, it could be a sign of Binge Eating Disorder (BED).
- Even if the frequency is less, recurring episodes that cause emotional distress may still require attention.

Severity of Episodes

Pay attention to how severe your binge-eating episodes feel:

- **Amount of Food:** Consuming unusually large quantities of food in a short period is common for BED. This goes beyond typical overeating during holidays or special occasions.
- **Lack of Control:** Feeling unable to stop eating during these episodes is a critical sign that it's more than just overeating.

Emotional Impact

Binge eating isn't just about what or how much you eat — it's about how it makes you feel:

- **Shame or Guilt:** If you frequently feel embarrassed, disgusted, or guilty after eating, it's a red flag.
- **Emotional Distress:** Episodes that leave you feeling anxious, hopeless, or depressed are signs that binge eating is impacting your mental health.

Physical Consequences

Look at how binge eating is affecting your body:

- Eating to the point of physical discomfort or pain is a common experience during binge episodes.
- Weight fluctuations, digestive issues, or a constant feeling of being physically unwell may indicate that binge eating is having a significant impact on your health.

Interference with Daily Life

Binge eating can start to affect other areas of your life:

- **Time Spent Thinking About Food:** Constantly worrying about your next binge or planning when you can eat in secret is a sign of a deeper issue.
- **Avoiding Social Situations:** If you're cancelling plans or avoiding eating in front of others due to shame or fear of judgment, this could signal the need for help.
- **Productivity and Focus:** When binge eating takes up mental energy that interferes with your ability to focus on work, relationships, or other responsibilities, it's time to address it.

Failed Attempts to Stop

If you've tried to stop binge eating on your own but feel stuck in a cycle, that's another sign it's time to seek professional guidance. Many people with BED feel trapped by their eating habits and unsure how to break free.

“That Sounds Like Me. What Do I Do Next?”

Of course, binge eating will look different for everyone...

But if you struggle with a few of the things mentioned earlier in this section, then it's likely that you should seek professional help.

Binge eating is a serious condition that can worsen over time if left untreated.

Seeking help sooner rather than later can prevent the development of physical health problems and improve emotional well-being.

It's not a sign of weakness to ask for help – it's a step toward reclaiming control and finding peace with food!

In the next section, we will talk about the different treatment options available.

PROFESSIONAL HELP FOR BINGE EATING: WHAT ARE YOUR OPTIONS?

If you're struggling with binge eating, seeking professional help can make a world of difference. Here are some common treatment options to explore:

1. Therapy

- **Cognitive Behavioural Therapy (CBT):** CBT helps you identify and change negative thought patterns and behaviours related to food and eating. It's one of the most effective treatments for binge eating.
- **Dialectical Behaviour Therapy (DBT):** DBT focuses on managing emotions and reducing binge triggers by teaching mindfulness, distress tolerance, and emotional regulation.
- **Interpersonal Therapy (IPT):** IPT addresses relationship issues and emotional triggers that may contribute to binge eating.
- Many therapists and psychologists who specialise in eating disorders will utilise these three methods.

2. Medical Support

- A healthcare provider can assess physical health impacts like weight changes, digestive issues, or conditions such as diabetes or high blood pressure that may stem from binge eating.

- They can also prescribe medications, like appetite suppressants or antidepressants, if necessary, to help manage symptoms or co-occurring conditions like anxiety or depression.

3. Nutritional Counselling

- Working with a registered dietitian or nutritionist is one of the best ways to help you stop binge eating. We'd recommend finding someone who specialises in binge eating.

4. Support Groups

- Joining a support group, either in person or online, provides a safe space to share experiences and learn from others who understand your struggles.

5. Inpatient or Residential Treatment

- In severe cases, inpatient or residential treatment programs offer structured support. These programs often combine therapy, nutritional counselling, and medical care in a safe environment.

5. Online Binge Eating Recovery Programs

- Many companies offer online binge eating recovery programs that incorporate many of the elements listed above. We believe that our **Undiet Program** is the best binge eating recovery program in the world. In fact, we even **guarantee that you'll completely stop binge eating ... or you don't pay.**

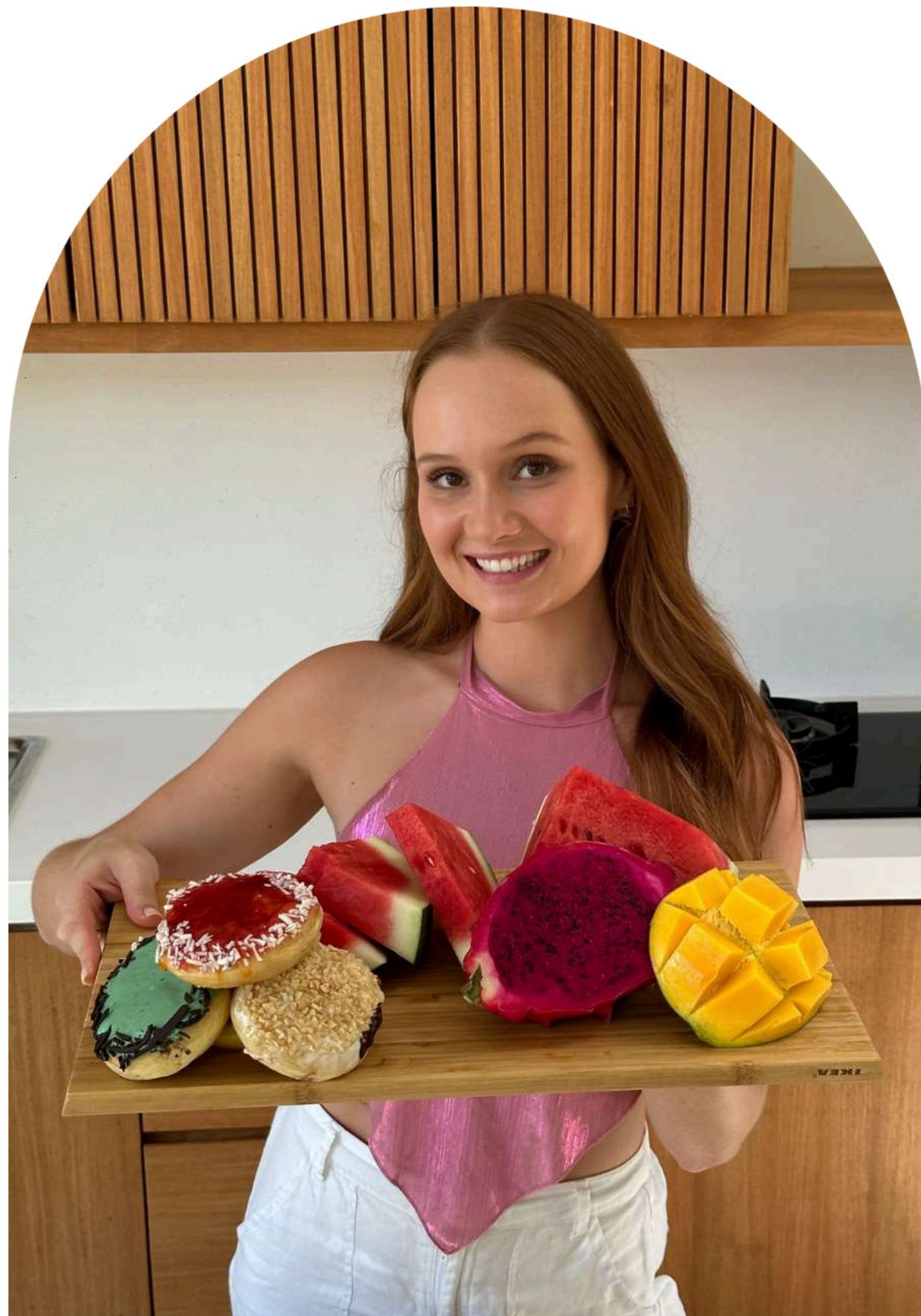
BUT THERE'S GOOD NEWS!

The good news?

Binge eating isn't permanent.

With awareness and the right professional help, you can transform your relationship with food and avoid any serious long-term health consequences.

P.S. If you're interested in getting additional help to stop binge eating, view the next page for a special offer.



STRUGGLING WITH BINGE EATING? BOOK A FREE CALL WITH US!

You've decided that you need help to stop binge eating. But where do you start?

If you're serious about breaking free from binge eating for good, I'd love to invite you to book a free Food Freedom Strategy Call with a binge eating expert at The Undiet Company.

Here's what will happen on the call:

- We'll dive deep into your journey – your struggles, your triggers, and the obstacles holding you back.
- We'll map out a clear, personalised action plan to help you overcome binge eating and create a life where food feels easy and enjoyable again.
- If you're a good fit for any of our programs, we'll tell you about them.
- You'll leave with clarity and confidence about what to do next – and how to make it happen.

This call **isn't** about giving you vague advice or a generic checklist. It's about creating a tailored roadmap that works for you.

And the best part? **It's completely free.**

You don't have to keep going around in circles, trying to figure it out on your own. Let's work together to create the change you've been searching for.

Click the link below to book your free Food Freedom Strategy Call now:

<https://undiet.co/food-freedom-strategy-call>

