



## Overcoming Food Addiction: How to Stop Binge Eating (Paperback)

By Health Research Staff

Millwood Media, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you take a much closer look at the problem of binge eating, you d come to realize that it s really much more than that. Binge eating is a problem that touches upon a number of different elements including physical components, mental components, as well as emotional components. According to Wikipedia the signs of a binge eater are: \* Does not exercise control over consumption of food \* Feels loss of control over eating during binge. \* Eats an unusually large amount of food at one time, far more than an average person would eat. \* Eats much more quickly during binge episodes than during normal eating episodes. \* Eats until physically uncomfortable and nauseated due to the amount of food consumed. \* Eats when depressed or bored. \* Eats large amounts of food even when not really hungry. \* Often eats alone during periods of normal eating, owing to feelings of embarrassment about food. \* Feels disgusted, depressed, or guilty after binge eating. \* Experiences rapid weight gain/sudden onset of obesity. \* Suffers from severe...



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