

Title:

A Case on Emotional Eating

Word Count:

665

Summary:

This article relates the factors behind emotional eating by use of research through surveys and

Keywords:

weight loss program, depression, overweight

Article Body:

People normally eat more whenever celebrations arise, such as birthdays and the holidays. We t

Lead author Heather Niemeier of Miriam Hospital's Weight Control and Diabetes Research

In this particular study, the researchers analyzed the individual's responses to a que

Those included in the study are divided into two groups. The first group was composed

Their research has suggested that attention should be given to eating that is triggered

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