

Title:

Binge Eating Disorder - An Act Of Overeating

Word Count:

370

Summary:

Most of us do overeat and that should not be a concern. But once the eating gets out of control

People who suffer from this disorder do not have control over their eating. Food becomes a gateway

Even thou...

Keywords:

Home remedies for Binge Eating disorder, overeating, depression

Article Body:

Most of us do overeat and that should not be a concern. But once the eating gets out of control

People who suffer from this disorder do not have control over their eating. Food becomes a gateway

Even though binge-eating is not a so well-known phenomenon it has got into the mainstream affe

You would know you are a binge eater if

- you happen to eat in too much at one given point of time.
- you are unable to control your emotions when it comes to eating.
- you have no clue how much you have eaten and how much can be eaten.
- your eating tends to become more rapid and fast.
- you tend to cause pain by overeating you
- you feel guilty after eating

Even though there hasn't been any concrete proof on the reasons for binge eating. It has come

Some of the complications you can face by binge eating are

- \*Type 2 diabetes
- \*High blood pressure
- \*High cholesterol level
- \*Gallbladder problems
- \*Heart disease
- \*Weight gain
- \*Loss of self-esteem

Some methods to fight binge eating

- \*Cognitive-behavioral therapy helps patients to monitor their eating habits and how to overcome
- \*Interpersonal psychotherapy tries to know the relationship between family and friends to find
- \*Treatment with the help of medications to get you out of the depression
- \*Eating proper three meals a day which is rich in fiber and proteins
- \*Being around people you like avoid being alone
- \*Expressing your feelings by talking to friends and family
- \*Just take a walk or go for jogging if the urge to eat is too much
- \*Drink plenty of water and keep having nutritious and tasty food

Developed by SANFACE Software <http://www.sanface.com/>  
Available at <http://www.sanface.com/txt2pdf.html>