

Title:

Dangers And Solutions To Emotional Eating

Word Count:

461

Summary:

Culturally and instinctively we prepare and serve foods to comfort those who have experienced

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wellness,health wellness,fitness health wellness,fitness wellness,diETING,health dieting,health

Article Body:

Food is a source of nourishment and energy. Without food we would not be able to perform our d

However, food also has another role in our lives - a role of comfort and entertainment. Cultur

So what exactly is emotional eating?

Seeing food as more than just a source of energy and enjoying it simply for the satisfaction i

What IS a problem is when an individual cannot experience pain, anxiety, joy or even boredom w

Emotional eaters turn to food as a source of distraction from dealing with feelings. However,

Emotional eaters tend to value themselves based on their weight and how closely they've stuck

- How to tell if you're an emotional eater.

Do you turn to food for reasons other than hunger? Are you obsessed with thoughts of food - wh

Do you regularly try diets and fail - leading to guilt and further over eating? Do you think a

If you can answer "YES" to any of the above questions then you may in fact be engaging in this

- Overcoming emotional eating.

Since emotional eating is caused by looking to food as a coping strategy for emotional distres

When the emotional eater fails to stick to a diet they suffer feelings of guilt that can only

Instead of trying to focus on what they are eating, the emotional eater needs to learn new ski

It is only by finding replacements for the comfort food provided that the individual can put f

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