

Binge Eating Self-help Sheet

Often people want to get started on their journey to recovery straight away. Often binge eaters are people who also would like to lose weight the reason being that binge foods are often high in sugar and fat which causes blood sugar levels to rise very quickly.

This leads to fat cells in your body siphoning out the glucose too quickly which means that your blood sugar level drops which doesn't leave enough levels for your brain and leads to you feeling hungry very soon after eating. The brain then released emergency chemicals which make you feel unsettled and anxious and can lead to you having a headache. To get out of this state where you feel unsettled anxious and headache-y you reach for sugar and fatty products which starts the process all over again.

Powerful cravings can emerge as a result of abnormal blood sugar highs and lows which can lead you to wanting something else to eat even after a big meal.

When blood sugar falls too fast your brain thinks there is a famine, it slows your metabolism right down, which can cause you to feel exhausted and makes you gain weight easily.

Step 1 to reducing binge eating

Structure your eating. If your body is malnourished as a result of binge eating, then it can be really tempting to eat a big bar of chocolate and convince yourself that that will suffice for your dinner. It won't and by trying to cut back and after a binge only ensures that your next binge is around the corner. Eat in a structured way, little and often will keep your blood sugar stable.

Step 2 to reducing binge eating

Watch what you drink. Drinking stimulants such as tea and coffee or alcohol can put your body into a blood sugar spiral creating the sharp rises and falls in blood sugar explained above, therefore substitute tea and coffee for herbal teas, or sparkling water infused with lemon or lime can be a refreshing treat.

Step 3 to reducing binge eating

Bingeing is brought about because of restrictive dieting. Without a diet bingeing would not take place, the primitive part of your brain still thinks that you are restricting and it is in famine and therefore your brain is telling you to seek out food which is why people often report a lack of control over binges because it is your survival instinct part of the brain trying to make sure you eat enough

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as it doesn't realise you are no longer dieting. Know that your bingeing doesn't mean that there is something wrong with you. It is possible it is a coping strategy that went wrong and is now out of control. The urges to binge can be brought under control if you are eating well (varied and enough) and practice dismissing the urge to binge.

In therapy I teach strategies and techniques to help bring your hunger, cravings and bingeing under control and give you back your happiness.

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