



COMPULSIVE OVEREATING, BINGE EATING AND EMOTIONAL EATING DISORDERS

Self Help Guide and Information



Mission Statement

“SEED’s mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery”

**SEED EATING DISORDER SUPPORT SERVICES
ARE COMMITTED TO SUPPORTING PEOPLE SUFFERING
FROM
COMPULSIVE OVER EATING, BINGE EATING DISORDER or EMOTIONAL EATING DISORDER**

**AN EATING DISORDER IS ABOUT FEELINGS
NOT ABOUT FOOD**

It is the underlying issues that trigger an eating disorder

**Binging on large amounts of food becomes a coping strategy
and a difficult cycle to break**

**With help and support you will start to address problems in the more conventional way
and not through food or food issues**

SEED Statistics

14% of SEED members suffer from Binge Eating or Compulsive Eating Disorder.

Approach

SEED support anyone who suffers from an eating disorder. From the moment of contact SEED welcome you into a non-judgemental environment ensuring you are supported as an individual not as the eating disorder.

The Support Group

Offers information and support, signposting individuals to making the first steps towards a healthier lifestyle and feeling more confident about who they are as a person. We encourage sufferers to start to build a network of support around themselves, recognise problem areas and a 'starting point' individual to them from where they can start to address their problems. The Support Group gives you the opportunity to bring someone to support you and is for both sufferers and carers.

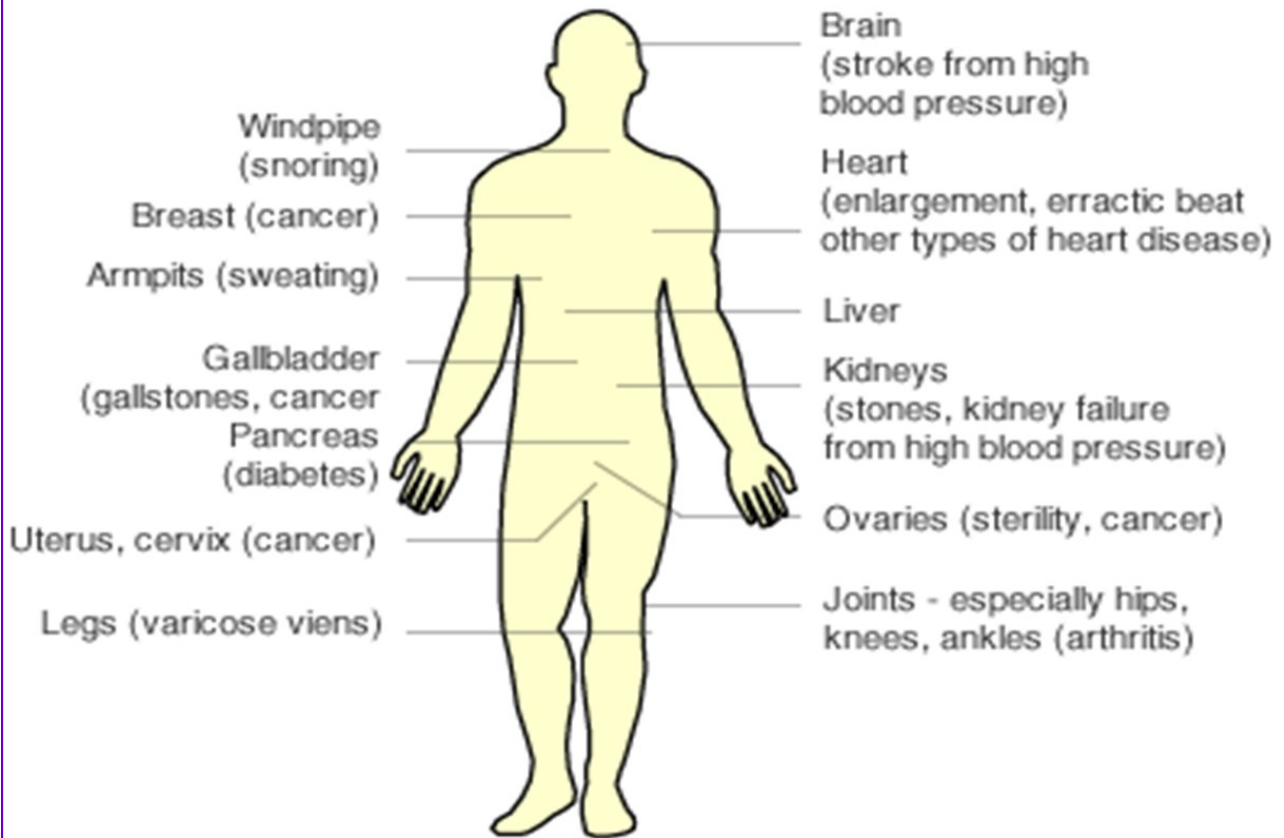
Self Help Group

SEED offer a completely different approach within the Self Help Group for sufferers only. We discuss topics such as motivation to change, problem solving, decision making, socialising to name a few. Each month it is a different topic.

For a full breakdown and guide to how the 12 month programme works visit our website www.seedeatingdisorders.org.uk and download How Self Help Will Support You. This is within the Self Help Category. Alternatively e mail hello@seedeatingdisorders.org.uk for more information and the pdf format of this document.

SEED Services are self referral and there is no need to book an appointment.
A warm welcome and strict confidentiality is guaranteed at all times.

HOW COMPULSIVE EATING AFFECTS MY BODY



Health Consequences

High blood pressure, stroke, kidney function, enlarged heart, high cholesterol, secondary diabetes and gall bladder disease are all consequences of obesity. In addition atherosclerosis (build up of fatty acids in the arteries) can lead to blood clots, strokes, angina, and weakening of the arteries.

Physiological implications

Stomach pains, irregular periods, poor or spotty skin, constipation and difficulty sleeping are all problems that may arise due to obesity.

Psychological Implications

Depression (sometimes severe enough to lead to suicide)
Feeling of being out of control and helpless to do anything about personal issues
Anxiety, self-doubt
Guilt and shame
Suspicion of others wanting to interfere, may include slight paranoia
Fear of discovery
Obsessive thoughts and preoccupations
Compulsive behaviours; rituals and dictating most activities, especially around food
Feelings of alienation and loneliness
Feelings of hopelessness

SOME THINGS THAT MAY HELP REDUCE OR PREVENT A BINGE

Five Ways to Prevent a Binge

Binge eating is just one type of emotional eating. In other words, it's using food in a compulsive way to deal with uncomfortable feelings.

Binge eating affects millions of people and is more common than both anorexia and bulimia combined. Binge eating is often used to quell anxiety or fill a gnawing emptiness inside.

However, no matter how much food gets eaten, bingeing simply can't deal with the feelings, whatever those feelings might be.

What the cycle of binge eating does do successfully, however, which is why you keep relying on it as a coping mechanism, is that it changes your mind's path. For example, if your mental train is on a particular track of thinking, binge eating has you switch tracks and go in a different direction. If you were thinking about something troubling (your job or a relationship or an insecurity), bingeing stops those thoughts for a few moments, puts you in what is called a 'food trance', and then redirects your thoughts to ones of guilt and regret about what you ate.

These thoughts might not be pleasant but often they're more acceptable than what you were originally thinking about. Not to mention that the foods that are typically binge foods (peanut butter, cheese, ice cream, chips, baked goods) alter your brain chemistry in a way that gives you a surge of calm feelings.

No matter how much you are bingeing you can take certain steps to preventing your next binge:

1. Keep Things Organized

Many people report bingeing when they get overwhelmed with chores and responsibilities. If you stay on top of things you're less likely to use a binge to procrastinate or escape. Create systems, pay your bills, ask for help and don't put off until tomorrow what you can do today.

2. Chill Out

Knowing how to manage your own anxiety is a critical factor in avoiding binges. Whether you use walking, reading, meditating or sports to calm yourself down, knowing what particularly works for you is key. Experiment with different things until you find things that reduce your level of anxiety.

Continued...

Five Ways to Prevent a Binge Continued...

3. Have a Solid Support System

Having people to go to when you need to vent, get advice or hear you out is important. Remembering that you're not alone and having solid people in your life that you can honestly share your struggles with can make a huge difference. A therapist, online community, or support group can also help.

4. Don't Keep Binge Foods Around

Most people have certain foods that trigger their binges. If this applies to you, don't keep those foods in your cupboards or go to places where you know you can't avoid them. You don't need treats for the kids, or for guests, or for anyone else. There is no reason to make things harder for yourself than they need to be until you have more control over what you eat.

5. Go to Bed

You'd be surprised how many afternoon and evening binges happen when you're tired and don't just put yourself to bed. Obviously, there will be times when going to sleep just isn't possible, for example in the afternoon when you're at work. However, if you stay on top of getting the rest you need, you'll find yourself looking for food so much less.

It only takes avoiding a binge a few times to prove to yourself that you can. Also keep in mind that the mark of successfully ending a binge pattern happens one binge at a time. No one ever quits cold turkey.

http://www.diet.com/dietblogs/read_blog.php?title=5+Ways+To+Prevent+A+Binge&blid=15932



The Purpose of this Document

To bring together information for those people suffering from Compulsive Overeating, Binge Eating or Emotional Eating Disorder.

“Urge Surfing”

URGE SURFING?

Question:

“What is Urge Surfing?”

... Well I have never heard of it before, but it has been shared by an in-patient in an eating disorder unit!

Answer:

“Urge Surfing is a cycle you take yourself through when you have urges.”

It doesn't have to be related to food – it can be anything!

Give it a try – you have nothing to lose!

Step one is to recognise the urge

Step two is to welcome it

Apparently if you fight it, it gets stronger, so we are encouraged to welcome it, not give in to it, just be aware that the urge is there

Step three is to rate the urge out of 100

Step four is to try engage in something, an activity, a task etc...

Step five is to re-rate the urge!

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ADVICE FOR COMPULSIVE OVEREATERS/BINGE EATERS

Believe in yourself and don't give up! You can be 100% free of compulsive overeating forever, no matter how overweight you are, no matter how obsessed with food you are, and no matter how long you have struggled with over eating. You can be free, just like a person who has never had an eating disorder or a weight problem.

Action is more important than analysis. Compulsive overeating may **create** depression and low self esteem but then it is argued that depression and low self esteem may cause compulsive or over eating. When the compulsive overeating and weight is more manageable, so will be much of your psychological problems.

Finding out the reasons why a person overeats often helps feel less guilt and more compassionate to oneself.

Take action against compulsive overeating but be careful not to get stuck over-analysing your situation. It may be a question of getting the balance right.

Look only so far for 'answers'. **Don't** get bogged down forever trying to find out **why** you over-eat, **why** it began, and **why** it continues. Knowing these 'answers' will **not** necessarily help you to stop the overeating. Furthermore, this information will become irrelevant when you have learned how to stop.

Placing unrealistic and unnecessary limitations on what you eat triggers obsessing about food and bingeing.

Deprivation = Overwhelming Desire = Loss of Control

The more you try to control what you eat, the stronger will be your desire to binge, and the more you will obsess about your desired binge foods. This has nothing to do with lack of willpower. This is a consequence of human psychology and physiology.

Stop blaming yourself!

Stop the food gimmickry. You can eat 'real' food, your favourite foods, and still lose excess weight. It is not necessary to count calories. It is not necessary to 'combine foods' or eat more of one type of food than another. Diet pills, supplements or special foods and all unnecessary.

Don't give yourself a label.

I **am** a compulsive overeater.

No - you **are** individual and be proud of who you are!

Love yourself!

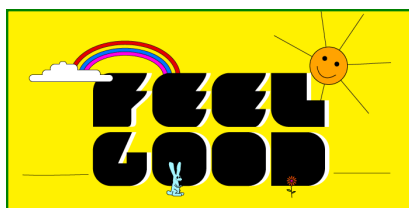
Remember, having an eating problem does not, in any way, reduce your lovability!

AFFIRMATIONS

For Compulsive Overeaters Post it on the Fridge!

- My worth as a person is not diminished in any way by my body size or eating patterns
- I will love myself no matter what my eating patterns are
- I will judge my day not by what or how much I eat, but by the accomplishments I have made and the love I have given
- My life is a gift, and I will not let my enjoyment of it be diminished by feeling guilty over my body size and how much I eat
- I am finishing blaming others, situations, and myself for the way I eat. I will take action minute-by-minute, hour-by-hour and day-by-day until I can eat normally again
- Compulsive overeating is a temporary condition in my life
- There is a normal eater within me, I will let her/him take over my life more and more each day as I am ready
- I can imagine a life without compulsively overeating
- When I feel stressed, I will close my eyes and picture how my all powerful, normal eater would handle the situation
- I believe I will modify my eating again!
- I know I will modify my eating again!

“I FEEL GOOD ABOUT WHO I AM AS A PERSON”



BINGE EATING AND NUTRITION

FOOD VALUES AND NUTRIENTS

Binges usually involve foods that are high in fat and sugar, and provide a quick fix of feel good energy, however this is not sustainable and will produce a rapid decrease in mood. This is due to sugars being quickly absorbed into the bloodstream and producing a rise in blood sugar levels. This effect is **not** long lasting and can cause dizziness, feelings of hunger and weakness.

Depression can also play a role in binge eating. This is because food can affect your mood. There is a link between **vitamin** and **mineral** deficiencies, causing individuals to feel low and depressed. Therefore, eating foods high in vitamins and minerals such as fruit (bananas, apples, oranges) and vegetables (spinach, carrots, lentils), will improve mood.

A **balanced diet** should consist of starchy **carbohydrates**, which produce longer-lasting energy. As the energy is released slowly into the bloodstream, it takes longer to breakdown and reach the stomach. Good sources include **oats, beans, breakfast cereals, potatoes.**

Protein is essential for growth and repair, and supplies iron, B vitamins, zinc and magnesium which help to strengthen the immune system. High protein sources include **meat, fish, poultry, milk, beans, pulses** and **eggs.**

High Fibre Foods help regulate bowel movements, aids control of fluid retention and prevents constipation. Good sources to be consumed include **cereals, oats, whole-grains, lentils, fruit** and **vegetables.**

To help avoid the sense of feeling bloated and full, you should consume **easily digestible foods** such as **mashed potato, oatmeal,** and **macaroni & cheese.**

The Goals of Nutritional Therapy for individuals suffering from binge eating disorder are:

- **Plan meal times**
- **Re-establish a regular eating pattern**
- **Do not skip meals**

BREAKING THE CYCLE

- Take each day at a time and make **targets** small and achievable thus not setting yourself up to fail
- It may help to **plan** your meals and **structure** your **eating plan** in advance
- Establish a pattern of **regular** eating, which involves restricting your meals to 3 planned meals a day, plus 2/3 planned snacks
- A regular eating pattern **displaces** binges, with the result that the frequency of **binges decrease**
- Leave **no more** than **3-4 hours** between planned meals/snacks

Continued...

BREAKING THE CYCLE CONTINUED ...

- **Do not** skip meals/snacks, as skipping a scheduled meal/snack will make you vulnerable to binges
- Consume **pre-planned** food amounts
- If binges occur, **resist** temptation to avoid your next planned meal/snack, this will only create problems
- **Concentrate** when eating. Being aware of what you are doing will help ensure the meals/snacks do not turn into binges
- When cooking **avoid** tasting, as this can trigger a binge
- **Plan food shopping**, or shop with a friend/relative, and limit the amount of money you carry
- The **ability** to resist a binge and to avoid eating in between planned meals/snacks is important

To avoid this it may help to construct a range of alternative activities such as:-

- Taking a shower
- Visiting friends or relatives
- Going for a walk
- Going for a swim

To deal with a binge 3 things need to occur:

- Time must pass—urges to binge fade with time
- Make it difficult for yourself to binge
- Do something that you enjoy

Written by Emma Drayson Nutritional Advisor for SEED

If you need nutritional advice or information e mail Emma on:

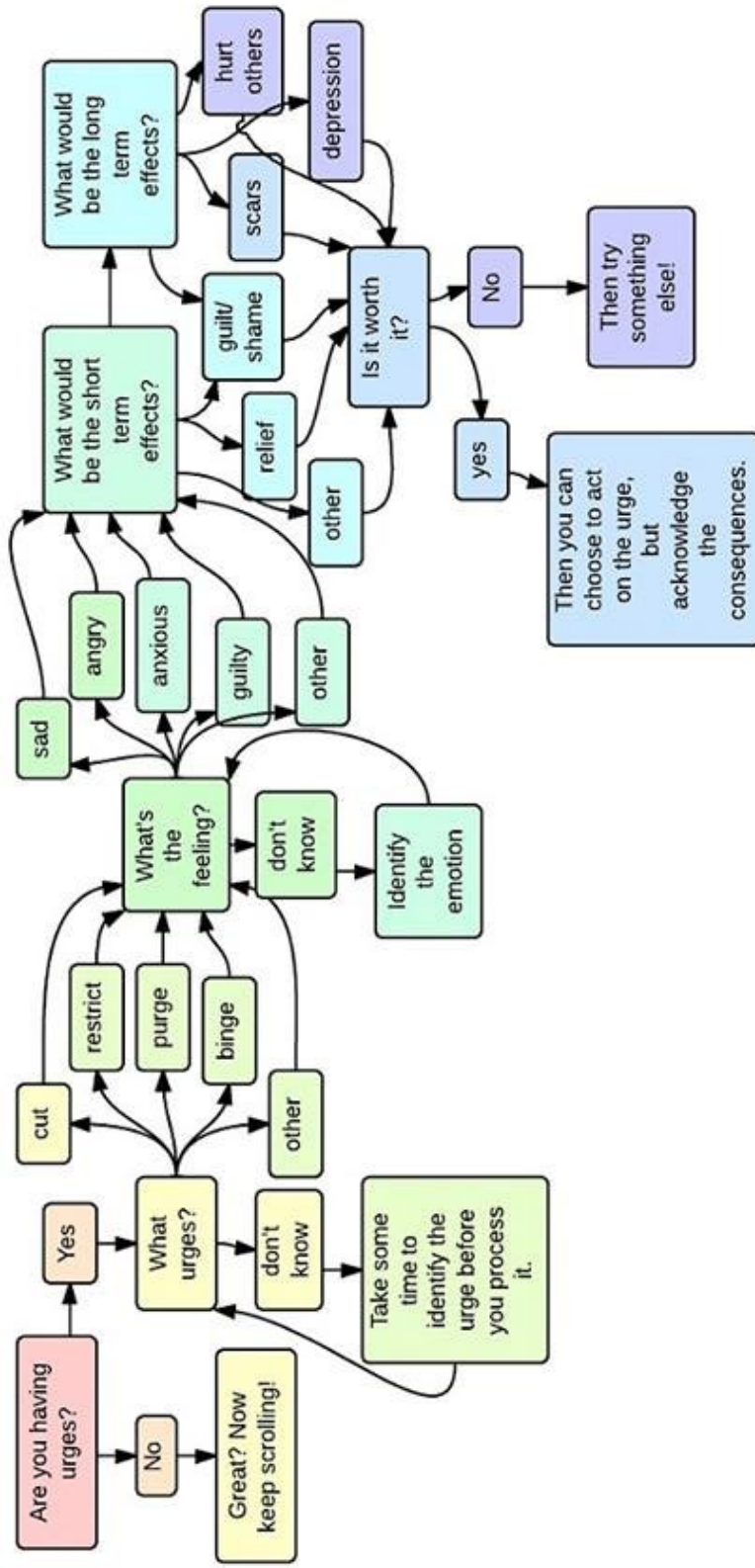
nutrition@seedeatingdisorders.org.uk



Alternatively telephone us on (01482) 344084



Managing Urges



Daily Food and Behaviours Diary

By recording your food intake and behaviours you may be able to identify a pattern emerging connecting the two. This is for your personal use and you will never be asked to share this with anyone, but it may help you to identify when and why problems occur.
If you require more Food Diary Sheets simply Print 'current page' (Provided by the Eating Disorder Consultation Team).

Day of the Week	Time	Food & Drink consumed	Binging Yes/No	Vomiting Yes/No	Laxatives Yes/No	Exercise Yes/No	What was happening before and after you ate/ drank?
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

WEBSITES

www.seedeatingdisorders.org.uk

www.b-eat.co.uk

(Beating eating disorders)

www.oagb.org.uk

(overeaters anonymous UK)

www.mindhey.co.uk

(MIND Hull and East Yorkshire)

www.sane.org.uk

(Self Harm Support Helpline)

<http://www.something-fishy.org/whatarethey/coe.php>

(American site well worth a look)



E MAILS

hello@seedeatingdisorders.org.uk



Footnote:

Visit www.seedeatingdisorders.org.uk for comprehensive information about eating disorders and for services that we offer.

SEED are here to help you!

DON'T SUFFER IN ISOLATION!



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