



## **MY THREE TOP TIPS FOR BREAKING FREE FROM BINGE EATING**

### **TIP #1 Eat Regularly Throughout The Day**

If you are a binge eater you probably aren't eating often enough throughout the day and tend to go from "starving" to "overfull".

You may get focused on something else and forget to eat and don't notice you are hungry until you are starving.

Or you may be restricting the amount you eat so that you are very hungry by the time you actually eat.

Binge eaters are often fine during the day but can't stop eating at night.

I encourage you to eat regularly throughout the day, say 2 – 3 hourly, roughly 6 times. Generally this would be made up of 3 meals and 3 snacks. Therefore you won't be over hungry in the evenings.

### **TIP #2 Eat Exactly What You Want**

Binge Eating is often caused by craving something that you don't allow yourself to eat.

You may find you are often eating what you "should" instead of what you actually want. You are constantly using willpower to stop yourself having an "unhealthy" type food and eventually give in and overindulge.

Or you don't have your favourite foods in the house because as soon as you open the packet you eat the whole lot.

Tell yourself you are "allowed" to eat anything you want!

Once you truly believe this, you won't be taking food away from yourself and the cravings will go. Therefore you won't be constantly thinking about food when you aren't hungry.

### **TIP #3 Replace Emotional Eating with Empowering Activities**

Eating has probably become your natural default when you are under stress or require comfort.

It enables you to stop worrying in the moment and feel better. However this is short lived as you then feel guilty and uncomfortable for eating too much unhealthy food.

It is important to understand that if you are eating when you are not hungry it will not help as your body doesn't want food but something else.

Make a list of some positive empowering activities that you could do instead of eating in times of stress, i.e. a hobby, talking to a friend, exercise, having a bath or massage. Ideally it should be something that gives you joy and makes you feel better about yourself.

For more information about Breaking Free From Binge Eating visit [nourishnnurture.co.nz](http://nourishnnurture.co.nz)