



How to Control Overeating

Binge and compulsive overeating is when you feel compelled to eat when you are not hungry and you are unable to stop when you've had enough.

8 Common Signs of Food Addiction:

1. You crave food despite being full?
2. You eat much more than you planned to?
3. You eat until feeling excessively "stuffed"?
4. You feel guilty afterwards, but do it again soon?
5. You make excuses in your head to eat certain foods?
6. You repeatedly fail when setting rules?
7. You hide your consumption from others?
8. You are unable to quit despite the physical problems?

Reference: <http://www.healthline.com/nutrition/8-symptoms-of-food-addiction#section1>

Food can feel like an addiction, a desire to eat something that is forbidden; that will make you feel better in the short term even though it may harm your health and your weight in the long term. Both addicts and overeaters talk of repeated attempts to give up "tomorrow". Like the traditional addictions to alcohol and drugs, compulsive eating can interfere with your life and cost a great deal of money and remorse.

Ways to address it:

12-step recovery program
Psychotherapy/Counseling

Resources:

Self-test: Are you a compulsive overeater? <https://oa.org/newcomers/how-do-i-start/are-you-a-compulsive-overeater>

Recovery: www.oalifeline.org
www.adventistrecoveryglobal.org

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

-3 John 1:2 (NKJV)

