

# Why Can't I Stop?

## It's Not Your Fault

Overeating behaviors such as bingeing, compulsive eating and stress eating can be difficult to manage in today's world. At Skyterra, we do not believe that it is your fault. Physiologically, the body and brain dictate more than you realize. In essence, "willpower" doesn't mean much. Hormones, neurotransmitters, environment and one's brain all influence eating behaviors. In addition, there is a lack of education in the current health system as well as an overwhelming amount of misinformation.

## Common Overeating Terms

- **Binge Eating** - eating a large volume of food in a very short period of time (typically within a two-hour time span) with an underlying feeling of a loss of control. Extreme guilt and shame typically follow. Binge Eating Disorder is the most common eating disorder in America. If one is experiencing a "binge" once a week for three months, one may be given a diagnosis.
  - *Key component - an underlying feeling of a loss of control*
- **Compulsive Eating** - similar to binge eating, compulsive eating involves eating a large volume of food; however, one would eat the large volume over a longer period of time. Out of control "grazing" is a common term that is used with compulsive eating.
  - *Key component - this is not a volunteered response; it is typically triggered by a negative state or experience*
- **Stress Eating** - eating in response to stress is a very common eating behavior, especially for Americans. One that struggles with stress eating most likely consumes hyper-palatable foods or comfort-based foods. Stress typically reinforces the value of the food. One that "stress eats" may find themselves eating quickly without awareness of how food tastes.
  - *Key component - eating in response directly related to stress (e.g., work related) followed by a brief sense of relief yet the underlying stress still exists*
- **Food Addiction** - there is no clear definition of food addiction; however, one would hypothesize it would be similar to a substance abuse. One typically has strong cravings and seeks hyper-palatable food to get a short-term "high." There is a lack of human evidence to support food addiction. Addiction to the eating process?
  - *Key component - one that actively seeks food and foods that are most likely hyper-palatable or comforting to that individual*
- **Night Eating Syndrome** - classically recognized by eating the majority of food intake later in the day and evening/night-time. Typically occurs twice per week and is connected to both a sleep disorder and mood disorder.
  - *Key component - restricting during the day and eating at night - potentially connection with BED*

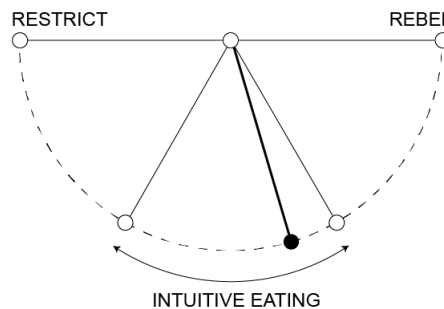
## Common Traits (in no particular order)

Anxiety/Depression	Impulse Control Issues	Greater Food Cue Bias	Lower Reward Sensitivity
Trauma/Abuse	PCOS	Poor Body Image	Addiction in Family
Substance Abuse	Low Self-Esteem	Chronic Dieting	Weight Fluctuations

## Reminder: End Dieting

We can easily find ourselves swinging back and forth when it comes to our eating behaviors.

***Intuitive eating can be a great goal for most yet many need structure to START.***



## Hormones

### Messenger Molecules in the Body

- **Ghrelin** - hunger and appetite hormone, dieting increases leptin, food tastes better when ghrelin lowers, defends against stress, increases dopamine (greater reward)
- **Leptin** - hormone from fat cells, appetite regulator, weight loss decreases leptin, lowered leptin means increased appetite, hard to sustain weight loss
- **Cortisol** - stress hormone, fight or flight, increases cravings for hyper-palatable foods, lowers ability to digest food, potentially increases hunger

## Food Strategies

Eat Breakfast/Avoid Skipping Meals	Eat 5-6x/Day	Food Pairing
Create Safer Food Environments	Mindful Eating	Meal Plan
Balanced Meals	Avoid Extreme Restriction	Riding the Wave

## Your Next Moves...

1. Choose a mindfulness practice to incorporate into your daily routine.

Examples include:		
Daily journaling	Going on a walk	Take 20 min to finish a meal
I will practice mindfulness by:		

2. Consider completing a nourishment journal each day.

Did you get adequate sleep last night?	Yes	No
Did you move your body today?	Yes	No
What did you eat today?		
What feelings came up for you today?		

3. Set a daily intention to maintain focus. I will...

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## Recommendations

“Eating in the Light of the Moon”

“Body Respect”

Health at Every Size ® - [www.sizediversityandhealth.org](http://www.sizediversityandhealth.org)

“Intuitive Eating” by Evelyn Tribole and Elyse Resch