

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 101th Newsletter, I want to give us a chance to consider the impact that **Binge Eating** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

BINGE EATING IS NOT THE SAME AS OVER EATING!!!!

Binge-eating disorder is characterized by **recurrent eating** episodes during which a person feels a loss of control over his or her eating and eats in extreme excess. It is the most common eating disorder in the United States **effecting 3.5%** of females and 2% of males. Due to it being a relatively new eating disorder; there isn't a large amount of research that has been collected on it. It is estimated that the number of people who experience **binge-eating** episodes is actually higher.

I'd like to make it very clear that binge-eating is very different than **overeating**. Many people eat too much from time to time but binge-eating is something different. Some ways they vary are:

- The binge eating episodes occur regularly; at least **twice or more** a week.
- Someone who binge eats finds the episodes very upsetting. If there is no emotional **upheaval** over the meal, it is likely not considered a binge eating episode.
- The binge eater does not like to eat a lot in front of others. Most of the time their public eating behavior is very different than their private eating behavior. To most people, **eating and mealtime** is a time to be shared and enjoyed with friends and family and if they are going to overeat there would not be a lot of stress around doing it in front of others. To someone who binge eats it is quite the opposite.

Most of the time a binge eating episode does not take place because of **hunger** or end because of fullness. Binge eating is often triggered by stress, overwhelm, anger, sadness, not feeling good enough, negative body image, and other emotional and mental distress. **Emotional eating** and binge eating are so closely linked because people use binge eating as a way to numb negative feelings and emotions or mentally check out.

Though one can binge-eat until the point of **sickness**, unlike bulimia, binge-eating episodes are not followed by purging, fasting,



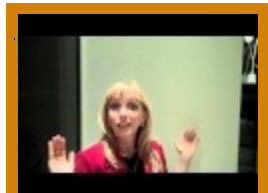
CAROLINA ARAMBURO

or excessive exercise. As a result, people that experience binge-eating episodes are often **overweight** or obese. Not everyone who is overweight or obese is a binge-eater though.

Many people are embarrassed to admit to binge eating. It is said that people will experience symptoms of binge eating for around 10 years before they speak up about it or seek help. If you do experience binge eating it is important to get the support you deserve.

Some signs of symptoms of binge eating include;

- Feeling out of control of like you cannot stop yourself once you start eating.
 - Beings surprised with the amount of food
- (Cont on next page)you



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BINGE EATING IS NOT THE SAME AS OVER EATING!!!! (Cont.)

you can consume.

- Eating differently in **private** than in public.
- Sneaking food, stealing food, or **hiding food** for later from those around you.
- Feeling horrible, **guilty**, or upset after eating a large quantity.
- Falling into the trap of saying to yourself you will start your diet tomorrow and eating everything you can before **tomorrow comes**, only to repeat the cycle over again.
- Setting **strict dietary** rules for yourself then binge-eating on the foods that aren't on your "diet".

Binge eating and emotional eating can be a very **viscous cycle** with many highs and lows. Self-help is possible for the treatment of binge eating but it helps to seek the support of others when **working** through any

BINGE EATING CAN BE HANDLED BY DIET AND EXERCISE!!

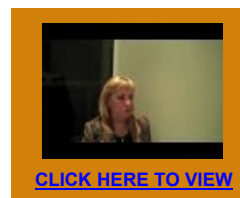
Many people assume that the way to work through binge eating is to use **will-power** and adhere to a restrictive diet. This could not be further from the truth. **Restriction** and deprivation of food is one of the leading causes of binge eating. When you deprive your body of what it needs to thrive it is going to crave more food. Intense cravings are too much for those who have binge eating disorder or who are **pre-disposed** to binge eating. Will-power can only exist to a certain point if you are attempting to fight against your body; your body will win.

Instead, it is imperative to eat a balanced **well-rounded diet** and listen to your body. Filling your plate with many healthy options, and making them exciting and enjoyable is also imperative for recovery. **Boredom** or eating the same thing over and over again can also trigger binge eating.

issues surrounding it. Talk therapy or the support of a coach can be great for recovery. Group support is also possible, but if you **join a group** you want to make sure it is led by a qualified professional as negative energy, patterns, and behavior of others experiencing similar symptoms as yours can contribute to a **downward spiral** that would cause another binge.

In my teens I was very much a textbook binge eater!!! I was a **ballet dancer** and a model and had the perfect environment to support the disorder. By the time I was in my early twenties I had begun to get sick from dieting to compensate for the binge eating and I got scared and **confronted** my disorder as a disorder and as an addiction. I studied 2 minors in nutrition and psychology and successfully managed my addiction for twenty years. Three years ago I got a **nutritional**, health and ABSOLUTE

well being coach and with his coaching and a **whole food** plant based diet I completely healed from this addiction of a lifetime. I discovered that when your body is getting the nutrition it needs every three hours, you don't need or **crave** anything else. It is just heaven for a person that spent 2/3 of her life suffering from binge eating to managing it successfully. I strongly recommend, if you binge eat, that you try my suggested solution for yourself. You will open up a whole new life!!!! I encourage you or anyone you love who is experiencing binge or **emotional eating** to get educated and learn about all of the natural options for healing like the ones presented in this newsletter. Above all else, listen to your body, and practice passion and kindness with yourself in the process!



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Most of the time, when an intense craving occurs that is not **spurred** by emotions; it is largely due to a nutritional deficiency. A **balanced** plant-based whole foods diet is a sure way to support all of your nutritional requirements and avoid any deficiency related **cravings**.

Plant-based foods are also loaded with a large amount of heart healthy fiber. **Fiber is a plant-derived** carbohydrate that passes through your system relatively intact with little to no caloric value. Since fiber adds bulk to your diet without adding calories and helps to reduce the calorie density of your diet, it helps with **weight loss**, which is often a concern of those who experience binge eating. Soluble fiber can also help lower cholesterol, and a high-fiber diet may help reduce inflammation, cholesterol, and risk of **heart failure** (Cont. on next page)

Dieting and trying to keep the "perfect" body is the fastest way to find yourself in a position to binge eat. Most binge eating begin with **repressing** your natural urge to eat. When you train your body on a whole food plant based diet you body will start **balancing** itself out such that you no longer have cravings and also no longer have to fear putting on weight. The two things seem so counterintuitive but work together to create a real **never ending cycle** in your body. Binge eating is not a function of being hungry but of repressing your normal eating **functionality**.

Cherish your body with all of its imperfections, **NOT DISPIE THEM BUT BECAUSE OF THEM** as I speak about on my Health Proposal # 1. Listen to your body and to your healthcare providers, to guide you to take care of your **body by not binge eating** just as you would avoid all other things that impact all of the other organs and systems in your body. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

BINGE EATING CAN BE HANDLED BY DIET AND EXERCISE!! (Cont.)

which are all mostly weight related medical concerns.

In addition, fiber helps with digestion and helps to **balance** out bacteria in the gut. Both of these can be greatly damaged by excessive binge-eating. Fiber also helps to stabilize **blood sugar** and helps one to feel full which can help ward off crav-

ings. Great ways to get fiber and added nutrients in your diet include whole grains, leafy greens, vegetables, and any fruit that you would **eat the skin of**. Above all in this process, listen to your body! It knows exactly what you need!

Exercise can also play an important role in the treatment and recovery of binge eating. **Excessive exercise** may be harmful because

it can put excess stress on the body and increase cravings. Moderate exercise that one enjoys is the best for a person who **binge eats**. Exercising in a way that is loving and joyful for the body is a great way to relieve stress and negative emotions associated with binge eating. Exercise also improves health and weight loss, **two areas** that are negatively impacted by binge eating.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual**

growth and we can all together empower our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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EMOTIONAL, INTELLECTUAL AND SPIRITUAL BALANCE IS THE ANSWER TO BINGE EATING!!!!

Binge eating is largely representative of emotional, spiritual, and intellectual **imbalances**. Binge eating is often used to repress negative emotions. Due to the brain chemicals and **neurotransmitters** that are produced by certain foods, binge eating can have somewhat of a sedating effect on the body. One way to work through binge eating is to break through the pattern of using food to cope with negative emotions like stress, overwhelm, **inadequacy**, and so forth and by implementing various intellectual, emotional and/or spiritual practices to help work through these emotions and balance ourselves.

The less we feel our emotions, the more they surface in unhealthy ways and manifest as various **disorders** such as binge eating. A wonderful way to work through and actual release our emotions is through journaling. Accepting that whatever is coming up for us is alright, and **writing through** our thoughts and emotions at the time can often interrupt the pattern enough, and allow the emotions to be felt and pass quickly enough, for binge

eating to not be needed as a **coping mechanism**.

Other ways to unlock and cope with repressed emotions is through talk therapy, coaching, Reike, Yoga and meditation. All of these emotional blockages create strong energy **disrupts** in the body. When there are energy disruptions in the body, it makes it very difficult to connect with and follow that **quite voice** of our soul that leads us in the right direction. This quiet voice, otherwise known as our higher-self, would never have us experience something like binge eating. This is why it is imperative to re-connect with this aspect of ourselves in on-going practices that not only allow us to heal any **imbalances** but are also preventative for future imbalances.

Another aspect that greatly affects our emotional, intellectual, and spiritual well-being is our **body image** and amount of love we have for ourselves. Practicing self-love by taking time for ourselves, loving ourselves, and treating ourselves to enjoyable experiences are imperative for binge eating recovery. Staying away from the

scale, or media images that portray unattainably and over-edited slender bodies can also improve body image. These both put an unhealthy amount of pressure on us to be a certain way when in fact we are all perfect just as we are. This pressure is also a **key factor** that can lead to binge eating. Engaging with practices of self love will free you from those pressures and allow for you to align with your own **natural perfection**.

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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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