



Disordered Eating Issues

- **Stop Yo-Yo Dieting Forever**
- **Achieve a Natural Weight That Fits You**
- **Satisfy Your Hunger without Overeating**
- **Make Peace With Food and Your Body**

Are you constantly on a diet? Does your eating alternate between restricting food to gulping down whatever is in sight? Do you reach for the chocolate cake when stressed or upset?

Saying “yes” doesn’t necessarily mean that you have an eating disorder. But you may have problems with “disordered eating.” This is when a person’s attitudes about food, weight and body size lead to very rigid eating and exercise habits, including restricting food, compulsive overeating and emotional eating. While these behaviors may not indicate a true eating disorder, they can still be physically harmful and emotionally draining.

Why Diets Trigger Disordered Eating

Adkins, South Beach and the Zone are just a fraction of the fad diets that have swept the nation, attracting millions with their promises of quick and "easy" weight loss. But, within a year or so, most dieters regain the weight they lost and then some. In fact, 95 percent of diets fail. Dieting can also trigger disordered eating problems, including binge eating, purging, and restricting food.

Why are diets so harmful? Because when we diet, we feel deprived and naturally crave what a diet prohibits. Over time, frustration mounts, we give in and overeat. Diets also don't address the psychological causes of overeating, such as boredom, stress or anxiety.

What You Can Do

Here's a novel approach to food and weight issues —intuitive eating. With this method, you'll learn to eat when moderately hungry and stop when moderately full. Licensed psychotherapist Heather Kitchen of Pathways Counseling Center specializes in helping clients develop a healthier relationship with food through an intuitive eating approach. Get rid of the dieting mentality that's controlling your life. Gain coping skills to manage difficult emotions without overeating. Honor your hunger and enjoy a full range of foods without guilt. A healthier, happier life is possible. Call us at 336-686-1689.