HEALTHY TIPS

How to Stop Compulsive Overeating: 5 Practical Ways

By bestfolkmedicine · 04/07/2022 · 2 min read



Binge eating disorder or BED is one of the most common eating problems in the US. BED isn't only about food, but it's a psychological condition too.

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Those who have it usually need a treatment plan by a medical professional in order to treat it. People with BED struggle with episodes of consuming food in big amounts, even when they're not really hungry.

After this eating episode, the sufferer may experience guilt and shame. Binge eating episodes increase the risk of weight gain and consequently, increase the risk of heart illness and diabetes.

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The good news is that there are numerous methods you can try at home or with consultation with a professional to lower the binge eating episodes.

Below, check out five of the most beneficial ways to heal from BED.

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5 Ways to Stop BED at Home

1. **Don’t skip meals**

Having a regular eating schedule and following it is one of the best ways to resolve BED. When we skip meals, we increase our risk of overeating and cravings.

2. **Boost your hydration**

Drinking enough water during the day is one of the simplest, yet best ways to keep curbings at bay and reduce overeating.

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In one study, a higher intake of water may lead to lower hunger and calorie consumption. Our daily intake of water is conditioned by several factors.

Therefore, always listen to your body and drink when you feel thirsty to keep up the needed hydration levels.

3. **Consume more fiber**

Fiber tends to move slower through our digestive system and thus, it prolongs our satiety.

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According to research, a higher intake of fiber may reduce the appetite, food intake, and cravings.

Fruits, legumes, veggies, and whole grains are only some of the several fiber-abundant foods that you can opt for.

4. **Do yoga**

Yoga is a practice that involves using the body and mind through asanas, breathing techniques, and meditation in an effort to lower stress and increase relaxation.

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According to studies, yoga helps us better our eating habits and lower our risk of emotional eating.

In a small study with 50 people with BED, doing yoga for 12 weeks helped lower BED. You can practice it at home or join a yoga study in your area.

5. **Try mindfulness**

Mindfulness is a practice that allows you to focus on the body and pay attention to your feelings in the present moment.

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This technique may help out with overeating by teaching you how to recognize when you're no longer hungry.

According to one review of 14 studies, mindfulness meditation lowered the occurrence of binge eating.

When hunger comes on, focus on listening to the body. Eat slower and focus on the moment-enjoy every bite so that you can grow healthy eating habits.

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Sources:

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THE MIND'S JOURNAL

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