

WHY CAN'T I STOP EATING?

I can't understand why I keep bingeing?

Why is it I can't "control myself" when I eat

----- (you fill in the blanks)

What's wrong with me?!!

Last month we looked at Principles 2 & 3:
Honour your hunger and make peace with
food.

Making peace with food is about giving
yourself permission to eat all foods. And
yes, that means even chips and chocolate!

But one of the fears that people have is
that they won't be able to stop eating if
they allow themselves permission to eat
everything,

Well, there are 4 main reasons for binge eating:

- (1) Basic biology
- (2) Rigid rules around what and what not to eat
- (3) Lack of self care
- (4) Emotional – to self soothe/to cope

*Next month's
newsletter*

**"Can you be
addicted to
food?"**



Basic Biology & rigid food rules

What you might find helpful to hear is that dieting is a trigger for overeating. Just check out my January and February Newsletters that discuss this.

When you diet, you are restricting food and under-eating. Your body starts to basically freak out when you restrict and under-eat. It thinks it is starving – because, actually, it is.

And if you have been dieting or restricting or eating “healthy” according to a certain set of rules or guidelines and not regularly tuning into your hunger, fullness and satisfaction cues, you’re setting yourself up for bingeing or “losing control”.

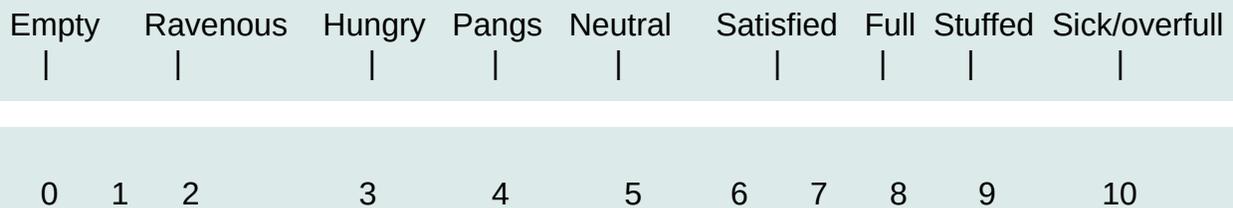
What if I can't feel hunger?

So, the first step is to start trusting yourself with food and start listening to your internal cues.

Remember the hunger fullness scale from last month's newsletter? I included it again (see below).

Start honouring your hunger. And don't be surprised if this is hard for you. Don't be surprised if you don't recognize your hunger and fullness cues because if you have been ignoring them for some time, you may have become numb to them. It may take some time...

You might be saying, “This is all fine and great to say start trusting myself with food, but how can I do this when I am addicted to certain foods?” See May's Newsletter when I talk about food addiction theory.



The importance of self-care

One of the things you can do when you find yourself binging on that pan of brownies is to STOP and ask yourself, what do I really want or need?

Am I getting my basic needs met?

- Am I getting enough sleep?
- How often do I engage in physical activities that I enjoy?
- Am I able to set boundaries with people? With work schedules?
- How often do I get outside?
- Is my eating pattern chaotic (i.e. you often skip meals or forget to eat or go for long hours without eating)
- Do I keep in touch with friends?
- Does life feel out of control? Ask yourself "What do I need?"

If you are routinely ignoring your basic needs, this likely means you may also have a hard time hearing and listening to your inner cues of hunger, fullness and satisfaction.

“Adequate self care is a critical foundation to Intuitive Eating” (1)

See June's Newsletter for more on emotional eating.

1. Tribole, E & Resch, E. 2017. "The Intuitive Eating Workbook.Principles for Nourishing a Healthy Relationship with Food. 2017. Oakland: New Harbinger Publications, Inc.

To learn more about intuitive eating, register for my 8-week webinar “An Introduction to Intuitive Eating” starting May 21st. Register on the events section of my facebook page and/or contact me for further information!

See next month's newsletter "Can you be addicted to food?"
You can also check out my posts on facebook
or contact me and schedule your free 15 minute discovery call!

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