

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** - this is 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 American. 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 entails 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 synched 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** - This is classically recognized by eating the majority of food intake later in the day and evening/night-time. Typically occurs twice per week as well as being connected to both a sleep disorder and mood disorder.
 - *Key Component - restricting during the day and eating at night - potentially connection with BED.*

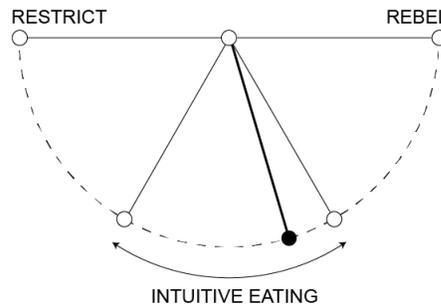
COMMON TRAITS

In no particular order

Anxiety / Depression	Impulsive Control Issues	Greater Food Cue Bias	Lowered Reward Sensitivity
Trauma / Abuse	PCOS	ADHD	Addiction in Family Hx
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

IDENTIFYING TRIGGERS

1. LIFE STAGES & MAJOR LIFE TRANSITIONS
2. DIETING & PEER DIETING
3. FAMILY MESSAGES ABOUT FOOD, WEIGHT AND BODY
4. BULLYING & WEIGHT BIAS
5. SOCIETAL MESSAGES, TECHNOLOGY AND SOCIAL MEDIA
6. STRESS
7. "SUPERHUMAN"

EATING TO COPE?

Comfort / Soothe	Control	Contain Emotions	Avoidance / Dull the Pain	Celebration
Companionship	Numbing	Boredom	Lonely	Protect

RECOMMENDATIONS

- Eating in the Light of the Moon
- Body Respect
- Health at Every Size ® - www.sizediversityandhealth.org
- Intuitive Eating by Evelyn Tribole and Elyse Resch