

# 6 Ways To Reduce Binge Eating

that aren't just meal prep



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# What is Binge Eating?

Binge Eating Disorder involves consuming an excessive amount of food in one sitting that is uncontrollable. This behavior is often accompanied by feelings of shame, guilt, and an obsession with food.

Unlike other eating disorders, Binge Eating Disorder is not associated with purging. Shockingly, This is more common than we think, in the US and AUSTRALIA it is the most common eating disorder, [in fact '47% of eating disorders are binge eating'.](#)

More common than bulimia and anorexia.

Despite its prevalence, it was only recognized as a disorder in 2013, with its inclusion in the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders. Since then, research around Binge Eating Disorder has been ongoing and still evolving.

If you are struggling with Binge Eating Disorder, know that you are not alone. Let's talk about it because discussion creates awareness, which is critical to overcoming this disorder.

We speak to 100s of women weekly at [Ladies That Lift](#) as well as on my podcast show, [The Unfiltered Health Podcast](#).



1

## ***EAT PROTEIN WITH EVERY MEAL***

Protein restriction is linked to increased levels of snacking, and in my opinion- this is partially responsible for binge eating. There's a hypothesis called the protein leverage hypothesis (Proposed by nutritional ecologists David Raubenheimer and Stephen Simpson from the University of Sydney) where the body continues to feel hungry until the protein quota has been met.

2

## ***REDUCE CAFFEINE INTAKE***

If you start the day with a coffee, you are driving cortisol higher. With or without sugar? Doesn't matter really - it impacts your blood glucose levels and insulin, especially on an empty stomach.

Caffeine typically blunts hunger cues, and is not helpful in support insulin, which stores energy, lowers blood sugar and builds protein in some cases.

*We naturally wake up with elevated levels of cortisol (to wake up and become alert in response to the sunlight*

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3

## ***STOP COMPARING YOURSELF ON SOCIAL MEDIA***

We are exposed to 100s of women daily, potentially in the 500 to 600s of body based, beauty standards daily, with how tech driven our lives have become. This has exacerbated self-esteem issues which, for some, coping mechanism include food.

Reset your day, without your phone upon waking and reduce the noise about your body to potentially reduce the noise you unconsciously consume about your own body.

4

## ***CHANGE YOUR PANTRY***

Did you know that in supermarkets, they place the most popular shelf items at eye-level? It's supermarket real-estate (literally, companies buy shelf space) SO, treat your pantry the same, put away the junk, sugar and addictive foods you can't stop yourself eating away from first eye level, instead, swap it for teas, fruits, yoghurts, supplements, protein powders, and potentially a stick-note with a self love reminder.

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## 5

# ***DRINK WATER***

Are you hungry? Or perhaps you are just thirsty.

How much water do you drink on average per day? The average is scarily low for a lot of new women initially coming through the doors at LTL.

Water regulates your hormones; it's a part of many cell processes, it helps you thermoregulate your temperature, your bones are even 30% water. Did you know that a 2% drop in baseline hydration is linked to poorer outcomes in cognitive function like decision making, problem solving and fine motor skills.

Drink more water, add some celtic sea salt, or a good quality electrolyte powder, harness the power of being human.

## 6

# ***IMRPOVE YOUR SLEEP***

Without good quality sleep you are missing out of fundamentally important processes that are required to recharge and reinvorgate your body. Sleep also supports hormones like leptin and ghrelin - your sateity and hunger hormones.

Have a bad sleep? You may notice you are unusually snacky that day. If you add the no breakfast, caffiene dump, lack of water intake and a day of doomscrolling you can bet your nervous system is hardwired to binge eat. It might not be 'you' but a you are product of your environment...

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# The power of ladies that lift

At LTL, we nurture our clients with supportive, no B.S approaches that help cut through the noise.

We live and breath health and fitness and you can bet that with the right support you can do anything you set your mind to.

Lifting weights also has extra benefits that are not listed above, that help support your metabolism, bone density, muscle mass, hormones and mental health through all stages of life.

Changing the focus to HOW STRONG you can become allows you to focus on something else besides how many calories you can burn on the treadmill, or how many calories you can “save for your binge...”

The mindset shift is incredibly nourishing for our female clients and always yields better results because they have more energy and improved lifestyle outcomes.

This is where your self-love journey begins.

[Book a free session](#) with us today!

In strength, Raquel.

## Book An Introductory Session

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