

# Binge Eating Disorder

The National Eating Disorder Association has reported that approximately 25 million men and women are struggling with binge eating disorder.

## Signs & Symptoms

### Four Questions to Ask Yourself

- 1.) Do you think about food all the time?
- 2.) Do you feel obsessed with your weight?
- 3.) Are you afraid that your health is getting worse because of your out-of-control eating habits?
- 4.) Do you find yourself avoiding or craving certain foods and are unable to resist the urge to restrict or binge?

- Eating unusually large amounts of food
- Eating when full or not hungry
- Frequently eating alone
- Feeling that your eating behavior is out of control
- Feelings of shame and guilt because of your eating

If you answered **YES** to any of these questions or if you have been noticing any of these signs or symptoms, you may be struggling with Binge-Eating Disorder.

With the right comprehensive approach you can find help and recovery from this emotionally and physically debilitating eating disorder.

