

End Emotional Eating Roundtable and Tell-All Event

How To Finally Stop Bingeing and Stress Eating
So You Can Lose Weight And Be Happy :)

With Neely Quinn, ICNT

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Who I Am

- Thank you for joining me tonight and welcome!
- Certified Integrative Clinical Nutrition Therapist
- Practicing since 2005
- Formerly with PaleoPlan.com, now at NeelyQuinn.com
- Wrote *The Complete Idiot's Guide to Eating Paleo*
- Host of the Women's Weight Loss Solution Online Conference

But More Importantly...

- I used to be overweight and very unhealthy.
- Food was my “boyfriend” and I overate at every meal.
- I had binge days/weeks - couldn't control myself
- Afterward I'd purge through deprivation and exercise
- Stopped the cycle finally - I'll tell you how



BEFORE





NOW



Today's Agenda

- Emotional Eating - What It Is
- 12-Step Process for Ending Binge Behaviors and Sugar Cravings
- Carbs for Athletes, Carbs for Everyone
- Q&A for 30 minutes
- Thursday we'll do the big 2-hour Roundtable!
- Please take notes and answer questions on paper throughout

What Is Emotional Eating?

What Emotional Eating Is

- Eating due to a need for emotional comfort rather than because you're hungry (aka bingeing, stress-eating, etc)
- Could be sad, angry, frustrated, lonely, ashamed, nervous, bored, etc
- Example: frustrated at work, with kids, in a fight with husband and want comfort. Food is comfort, especially sugar. Buy box of cookies, make pan of brownies, eat them mindlessly.
- Don't necessarily even need to be overeating...

Are You An Emotional Eater or Binge Eater?

- Feel guilty before, during, and/or after eating
- Eat so much you feel overly stuffed regularly
- Mindlessly reach for food in times of:
 - stress
 - boredom
 - anger
 - sadness

Are You An Emotional Eater or Binge Eater? (cont)

- Just. Can't. Stop. Eating. no matter how much your brain wants you to
- Think about food so often that it distracts you from normal life
- Do deprivation diets (low-carb, low-fat, low-cal), then find yourself starving, cranky, bingeing

Are You An Emotional Eater or Binge Eater? (cont)

- Hide food wrappers (or sneak away) because you don't want anyone to know
- Choose unhealthy (in your opinion) foods in times of stress
- Get some emotional relief from eating certain foods (or amounts of food)
- Have intense, overpowering sugar cravings

Common Rationale

- "There's nothing else I can do to calm down when I'm upset."
- "I deserve to eat when I'm upset."
- "My diet isn't working anyway - why bother eating healthy?"
- "I lost some weight - now I'm going to reward myself [with this entire cake, etc]"
- "There's nothing else in my life that I enjoy - may as well eat."

Ways We Learned to Associate Food With Emotions

Food As Reward & Soothing

- Blame this one on our society, our parents, our grandparents, teachers, etc...
- Soothing Ex: You fell down and hurt your knee so mom bought you ice cream
- Now when something goes wrong, you self soothe with food
- Reward Ex: You got straight A's so mom bought you ice cream
- Now when you do something "good", you reward yourself with food

Food As Punishment (Scenario 1)

- If parents made you “clean your plate” as punishment for bad behavior, you may develop poor eating behaviors:
 - eating when you’re not hungry
 - eating when you’ve done something “bad” and you feel guilty and ashamed

Food As Punishment (Scenario 2)

- Alternatively, parents don't give you food ("No dinner for you tonight!") because of bad behavior
 - Depriving yourself of food when you're "bad"
 - Other purging behaviors (vomiting, overexercising, laxatives)
 - Overeating in rebellion of this rule

Starving Children In Africa

- Parents say that you have to finish everything on your plate because others aren't so fortunate
- Feel guilt for not eating everything on plate

12-Steps To A Healthy Relationship With Food

AKA How to Stop Feeling Like
A Heroin Addict In The Kitchen

1 Goal Setting

2 Take Stock

3 Find Motivation

4 Binge Objectively

5 Emotional Awareness

6 Hunger Awareness

7 Stop Sabotaging

8 Plate Behaviors

9 Accept Hunger

10 Remove Crack

11 Fix Blood Sugar

12 Repeat

Step 1: Set Goals

What Are Your Goals?

- Must have a goal if we're going to change our behavior with something so huge
- Weight loss?
- Feel better - stop symptoms of binge foods
- Mine were to lose weight, climb better, feel more comfortable in my clothes, feel more in control
- Write yours down and be specific

Step 2:
Take Stock of Current
Situation

Taking Stock

- Easy to ignore the details, allows you to keep behaving the same way
- Allow the details in with as little judgment as possible
- Weight, body fat %, measurements
- Health status
- Current caloric intake (HONESTLY)
- Current carbs, fat, protein intake
- How often are you binge-ing or eating due to stress?

Put It In The Record

- Get a journal and record all of those statistics and how you feel right now
- Talk to someone (friend, partner, therapist) about how you feel about your health, diet, eating behaviors
- Use [MyFitnessPal.com](https://www.myfitnesspal.com) or [MyPaleoPal.com](https://www.mypaleopal.com) for a week
- Find out how much you SHOULD be eating

Step 3:

Find Your Motivation

What Is Your Motivation?

- Be healthier so you can play with your kids/
grandkids
- Perform athletically at your best
- Feel sexy
- Feel less like a crack addict around sugar
- Inspire people around you

Other Possible Motivators

- Taking care of yourself instead of everyone else
- Finally feeling worthy of good health
- Being elevated spiritually by good health and clean diet
- Looking in the mirror and loving what you see
- Fitting into favorite clothing again

Step 4: Binge Objectively

Giving Yourself Permission to Binge

- When you feel like bingeing, choose to binge.
- Instead of, “I don’t want to and I really shouldn’t, but I guess this is happening now...,” it’s “I want to binge and I’m going to enjoy the hell out of this.”
- I used to announce it to my husband - all out in the open.
- No secrecy, no shame, it’s your choice - not something your body is driving you to do
- Discharges the emotional “naughty” and rebellious nature of it.
- Next time it’s not as tempting.

Why We Feel Guilt In The First Place

- Actually quite a natural thing to do, evolutionarily
- Often we feel like we're rebelling against something or someone and the rebelling causes guilt
- We're told certain foods are bad so feel guilty eating them
- Didn't do anything to "deserve" the sweets you're bingeing on
- Maybe bingeing because you feel bad about your behavior and parents used to punish you by depriving you of food
- Guilty because you know this binge will make you gain weight

Should We Feel Guilty?

- No, we're allowed to eat whatever we want, technically.
- Just have to get it straight what WE WANT. Sometimes we confuse what we we want with what we shouldn't have.
- Guilt keeps binge cycle going

Binge Cycle

- Binge
- Guilt
- Deprivation/Purge/Punishment
- Natural cravings due to deprivation
- Binge
- Guilt
- And So On...

Be A Fly On The Wall

- When you do this binge-by-choice, be a casual observer - no judgment.
- How do you feel throughout?
- How do you feel afterward?
- How is this benefitting you?
- How is this hurting you?

Step 5:

What Are You Hungry For?

Getting To Know Your Hunger

- Before each time you eat, ask yourself these questions:
 - Am I hungry?
 - How hungry am I?
 - What is my body craving? (Different than mind)

Check In With Hunger Often

- If you decide you're indeed hungry and you get something to eat...
- Check in every couple bites. Stop eating and ask yourself if you're still hungry or just eating to eat.
- Put the food away when you're no longer hungry. (Not when you're stuffed - just no longer hungry.)
- You'll get to know the difference between hungry, satisfied, and stuffed as time goes on.

If You're Not Actually Hungry

- Celebrate! You've just made a huge leap forward, recognizing that you want to eat, but you're not actually hungry!!
- Major first step.

What To Do Instead of Eat

- Commit to the following if you want to eat because of anxiety, loneliness, shame, boredom, etc:
 - 5 Deep Breaths
 - Take a walk (even 2 minutes is helpful)
 - Drink a glass of water
 - Sit and think about why you're upset instead of stuffing it
 - Ask yourself if eating will help the problem

What To Do Instead of Eat (cont)

- Take out the emotion in a more appropriate way
 - Exercise
 - Talk to a friend, mom, confidante
 - Fix the problem
 - Journal about it
 - Art or other hobby to express yourself

Commit To Trying Something Different

- Knowing that if it fails, you can eat instead.
- This is a process and you're not going to be perfect right away.
- You don't want to feel like you don't have a choice about it - that's what got you into this in the first place (feeling like you couldn't choose to NOT eat)
- Eventually, if you can stay objective and non-judgmental, you will begin to make better choices for yourself

Step 6:

Psychotherapize Yourself

Get To The Root Of The Problem

- You may or may not need a therapist for this
- Often an underlying issue that makes people binge

Common Root Problems

- Don't feel worthy of feeling good or looking good
- Don't want to get hurt in relationship, so make yourself unattractive
- You were told you were a failure, you believed it, so being overweight just makes sense for a "failure"
- Afraid of success & getting attention from people

Is There A Person Who Is Holding You Back?

- Did your mom, dad, brother, spouse, etc tell you that you'll "never get it right" or some other degrading comment?
- Now you feel like a failure and you "can't" stop the bingeing and get healthy
- Can you have a conversation with that person and tell them how it's affecting your life?
- Even an imaginary conversation (alone but out loud)?
- Ask yourself if their opinion is worth your health...

Is There A Situation Holding You Back?

- Many people have traumatic sexual experiences, and then make themselves less desirable by gaining weight.
- Ask yourself if this is a valid coping mechanism and if it's serving you well.
- Even though trying to avoid negative attention, you might actually get negative attention *because of the fact* that you're now overweight

My Issue Was Thinking I Would Starve

- Don't know why - I've never gone hungry
- Somewhere in the back of my mind I thought I'd never get food again, so may as well eat up
- Maybe a past life thing

Rock Ritual

- I do a rock ritual whenever I'm trying to let go of beliefs or fears that are holding me back.
- I go to a body of water (doesn't matter how small), pick up some rocks.
- For every rock, there is a belief that is not serving me ("I will never get food again after my next meal," etc)
- Say the belief out loud, throw the rock in the water, watch it disappear.

Hindering Beliefs

- I have to be like my community or I won't be loved.
- I don't have the energy or time to make changes.
- I'll never succeed.
- If I don't succeed now, people won't love me.
- I don't deserve to feel and look healthier.
- I can't control my own behaviors around food.
- Self fulfilling prophecies.

What Then?

- When you figure out the root cause, often just saying it out loud and thinking about it objectively will help you see that it's irrational or not serving you.
- Paradox ex: Protecting yourself from finding a relationship when all you really want is a spouse and family

Feeling Deprived

- Feeling deprived on a low-carb, low calorie, Paleo/ Primal diet.
- You become resentful, which causes rebellion, which causes bingeing (“Screw this - I feel like I’m in jail!”)
- Feeling deprived makes people feel like victims. (“Poooooor me. I can’t eat that cake anymore like everyone else...”)

**You Are Not A Victim
of Your Diet**

YOU'RE in control of what you eat -
nobody is *making* you change the way
you eat.

Eating Well Is Empowering

- The feeling of deprivation comes from comparing your situation to others' - or to your old situation.
- If this new situation is helping you feel and look better, who cares what anyone else is doing?

You May *Actually* Be Depriving Yourself

- Are you actually not eating enough food and you're starving all the time?
- Are you not getting enough carbohydrates and your energy is low?
- Some people just need more carbs - thyroid, adrenals, mood
- Are you never having anything sweet after a lifetime of sweet things?
- It doesn't have to be all or nothing. Make some changes to make it sustainable.

Emotional Eating Coach

- Institute for the Psychology of Eating in Boulder
- Marc David, Emily Rosen
- Become a coach or find a coach on the website
- psychologyofeating.com

Step 7:

Stop Sabotaging Yourself

Self Sabotage Situation 1

- When I'd see my weight had gone down, something would click and I'd binge.
- All the self control and calorie counting, etc. was for that reason - to see the scale change.
- So when I saw it, my mind said, "Ok - great work! You're done!"
- Have to reason with yourself. Talk it out. You're not done.

Self Sabotage Situation 2

- Someone says, “Oh, have you lost weight?” and you go and binge.
- Same thing here - your mind says you’ve succeeded in your goal and you’re done.
- You’re not done.

Self Sabotage Situation 3

- You “cheat” a little at a restaurant or at a friend’s and even though you’ve been having success, you just say, “Screw it!” and fall off “wagon”.
- May be physiological response to certain foods.
- Same old voice: “I can’t do this. I’ll never succeed. I just messed up - may as well just quit.”
- It’s not a black and white situation. Take it in stride, learn from it, and move on. You’re not a failure.

Step 8:

New Plate Behaviors

Push Plate Away When Satisfied

- Hardest part can be pushing plate away
- Starving children in Africa, think you're going to starve if you don't eat ALL THE FOOD
- As experiment, knowing you can take it back if you want it, push your plate away when you think you're full.
- After a couple minutes, if still full, put food in tupperware and save for later.
- This was a very novel concept for me...

Don't Put As Much On Plate

- Put 3/4 as much as you normally would, knowing you can go back for seconds if you're still hungry.
- If it's not in front of you, easier to not eat it.

Eat Non-Toxic Food As Often As Possible

- By toxic, I mean things that make you have symptoms
- Most common offenders: gluten, dairy, soy, corn, refined sugar, all grains
- Experiment to see what's affecting you
- Often when you're eating foods your body can't digest and assimilate, you'll get cravings because you're not actually getting the nutrients you need.
- Rule of thumb: If it makes you sick, eat it as seldom as possible.

What To Eat Instead

- After you figure out what your body reacts negatively to, sub out those foods with others that don't hurt you.
- Gluten -> gluten-free grains
- Grains -> veggies, coconut flour, tapioca flour, etc
- Dairy -> coconut milk, daiya, nutritional yeast
- Soy -> almond milk, coconut milk, meat
- Sugar -> raw honey, coconut nectar, molasses, etc

Step 9:

Make Peace With Hunger

It's Ok To Be Hungry Sometimes

- We're told by society to eat enormous portions, snack all the time
- It's actually good for us to be hungry sometimes.
- Secrete growth hormone - fat loss, muscle gain
- Begin to feel true hunger pangs - very clear signs
- I was afraid of being hungry...

Step 10:
Remove The Crazy
Making Foods

Yep, Remove Them

- Crazy-Making Foods = Foods that you can not resist, that make you feel like a ravenous animal
- Mine was chocolate
- Often you're actually sensitive to those foods, and I was for sure.
- Removed it from my diet - no more acne, no more ocular migraines, no more crazy.

What Is Your Crazy Making Food?

- Could you live without it? (The answer is yes.)
- As with drug addicts, you can't expect them to get over their addiction if they just keep using.
- Same thing.
- Sorry...

Common Crazy-Making Foods

- Gluten and grains in general (so addictive!)
- Refined sugar
- Dairy
- Coffee
- Chocolate
- All things you hear people say they “can’t live without”
- That’s a good sign you should live without it for a while.

Step 11:

Fix Blood Sugar, Fix
Sugar Cravings

Low Blood Sugar Causes Cravings

- Because your body is actually craving sugar.
- Senses a dip in glucose and brain goes into danger mode.
- That's why it feels so overpowering sometimes - like you can't stop your body from eating sugar.

How To Fix Blood Sugar Imbalances

- The higher your blood sugar spikes, the lower it will drop (causing more intense cravings)
 - Sugar
 - Coffee
 - Gluten and grains (reactive hypoglycemia)

Eat Regular Meals

- Skipping meals in order to lose weight usually just backfires
- Your body knows what it wants and it'll make you eat later to compensate.
- When you're first starting to heal blood sugar, it's helpful to eat a lot of (4-5) small meals thru day
- Eventually, you'll be able to eat only 2-4

Eat Regular Meals (cont)

- It's counterintuitive to eat "so much" every day, but alternative is bingeing and intense sugar cravings
- You'll end up eating more food if you don't eat regular meals
- Bingeing usually happens at end of day, right?

Eat Balanced Meals

- Everyone has their own version of “balanced”, depending on body type, activity level, etc.
- If you skimp on protein, fat, or carbs, your body will crave it
- We usually sense cravings as sugar cravings
- Get ahead of those by eating carbs, fat, protein every meal

Eat Dinner For Every Meal

- Sugary breakfasts (even Paleo versions) will not carry you through the day
- Crash and burn at 11am, 3pm, 8pm because no protein and fat to slow insulin response
- Eat protein (meat, eggs, or tempeh if veg), veggies, good fats at every meal.
- If active, add in starch, fruit, natural sweeteners regularly

How Many Carbs Per Day?

- Could do entire class on this
- Start at 100g, see how you feel, go from there
- If active, you'll probably need more than that - experiment (sweet potatoes, tapioca, fruit, honey, plantains, etc)
- Monitor in myfitnesspal.com or mypaleopal.com

Caffeine And Blood Sugar

- Caffeine spikes blood sugar then drops it super low
- Same as sugar
- So same effects - low blood sugar causes cravings
- Ever notice when you have a sugar craving, you can drink coffee and it goes away? And then hour after you have coffee you have more cravings?

Consider Stopping Caffeine

- I know this is a big deal
- But it can REALLY help
- Try it for 3 weeks just to see if it's affecting your cravings, mood, energy, sleep, digestion, headaches, etc.
- Sleep and cravings

Step 12:
Repeat

This Is A Process

- You're going to go through this a few times
- Be kind to yourself
- Be patient
- Accept where you're at
- Don't let the guilt get the best of you

Quick Recap

1 Goal Setting

2 Take Stock

3 Find Motivation

4 Binge Objectively

5 Emotional Awareness

6 Hunger Awareness

7 Stop Sabotaging

8 Plate Behaviors

9 Accept Hunger

10 Remove Crack

11 Fix Blood Sugar

12 Repeat



Eating a reasonably sized portion...

SUCCESS!!

Roundtable Event

- All about you.
- Share your emotional eating issues and we'll all give you feedback and advice.
- 6:30-8:30pm MDT This Thursday

Q&A

Press *2 to “Raise Your Hand”