

HOW TO STOP BINGE EATING FOREVER



WHENEVER YOU EAT, SLOW DOWN

Start to practice mindful eating where you are both aware and present of every mouthful that is going into your mouth.



ENJOY YOUR FOOD

Food and eating is and should be a pleasurable experience.



HONOUR YOUR HUNGER AND FULLNESS

Recognise physical hunger when it appears in your body and know how it feels when you are satisfied and satiated.



AVOID YOUR TRIGGERS

Know what your trigger foods are and just avoid buying them and keeping them around you.



DON'T DIET OR LIMIT THE FOOD YOU EAT

Don't diet or put restrictions on yourself- trust that you know what is nourishing for your body, and get rid of the controls.



EAT ENOUGH NUTRIENT DENSE FOOD

Enjoy your natural appetite by eating real, healthy and natural food as often as possible.



TRUST AND GIVE THANKS

Then be grateful for being hungry and alive with each meal you eat.



GET CONSCIOUS

Allow a level of higher thinking to come into your mind which should prevent a binge and the thoughts leading up to it from happening.



NOURISH YOUR SOUL FOODS

Nourish your soul food so you are less likely to feel unsatisfied and unfulfilled and to turn to food to fill the void.

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