



Binge Eating Disorder



Recovery Kit

Anorexia Nervosa

Binge Eating Disorder

Bulimia Nervosa

Negative Body Image

*Guidelines For Talking
About Your Eating Disorder*

The Dangers of Dieting

*Treatment For An Eating
Disorder*

*What Causes An Eating
Disorder*



What Is Binge Eating Disorder?

Binge eating disorder (BED) involves eating a large amount of food in a short period of time without compensating for eating by vomiting, excessively exercising, laxative or diuretic use.

Behavioral Signs Of Binge Eating Disorder

- ◆ Feeling out of control when eating
- ◆ Feelings of shame and guilt following eating
- ◆ Eating in secret
- ◆ Eating when not hungry
- ◆ Eating little when around other people, but maintaining a high weight
- ◆ Binge eating
- ◆ Feeling controlled by eating or weight
- ◆ Avoiding situations or activities because of embarrassment about weight
- ◆ Weight or eating patterns determine how one feels about self
- ◆ Primary focus is weight. When things don't work out, it is attributed to weight.
- ◆ "Yo-yo" dieting, observable patterns of dieting, not dieting, and then dieting again.

Physical Symptoms Of Binge Eating Disorder

- ◆ Diabetes
- ◆ High blood pressure related to weight
- ◆ Heart disease
- ◆ Fatigue
- ◆ Many complications often associated with clinical obesity.