

Binge Eating Disorder: Symptoms and Treatments

What is binge eating disorder?

Binge eating disorder (BED) is a serious eating disorder that is characterized by recurrent episodes of binge eating. Binge eating is defined as eating an unusually large amount of food in a short period of time, and feeling a loss of control over one's eating. People with BED may also experience feelings of shame, guilt, and depression after binge eating.

BED is one of the most common eating disorders in the United States, affecting an estimated 3.5% of adults. It is more common in women than in men, and typically begins in adolescence or early adulthood.



Overcoming Binge Eating: Binge Eating Disorder, Binge Eating Disorders Symptoms And Treatments For Binge Eating (Eating Disorders Solutions Series Book

3) by Amanda Haas

★★★★☆ 4.6 out of 5

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What are the symptoms of binge eating disorder?

The symptoms of BED can vary from person to person, but some of the most common symptoms include:

* Eating an unusually large amount of food in a short period of time * Feeling a loss of control over one's eating * Eating until one is uncomfortably full * Eating alone or in secret * Feeling ashamed, guilty, or depressed after binge eating * Avoiding social situations because of embarrassment about one's weight or eating habits * Having a preoccupation with weight and body shape

What are the causes of binge eating disorder?

The exact causes of BED are unknown, but it is thought to be caused by a combination of genetic, psychological, and environmental factors. Some of the risk factors for BED include:

* Having a family history of eating disorders * Being overweight or obese * Having a history of trauma or abuse * Having low self-esteem * Being perfectionistic * Having a negative body image

What are the consequences of binge eating disorder?

BED can have a number of serious consequences, including:

* Obesity * Heart disease * Stroke * Type 2 diabetes * High blood pressure * High cholesterol * Gallstones * Pancreatitis * Liver disease * Kidney disease * Infertility * Menstrual irregularities * Depression * Anxiety * Suicidal thoughts and behaviors

How is binge eating disorder treated?

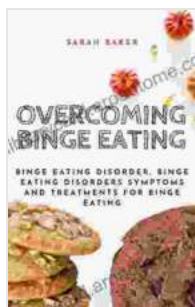
Treatment for BED typically involves a combination of psychotherapy, medication, and lifestyle changes. Psychotherapy can help people with BED to understand the causes of their disFree Download and to develop coping mechanisms for dealing with binge eating. Medication can also be helpful in reducing the symptoms of BED. Lifestyle changes, such as eating regular meals and exercising regularly, can also help people with BED to manage their weight and to improve their overall health.

Where can I get help for binge eating disFree Download?

If you think you may have BED, it is important to seek professional help. Treatment for BED can help you to manage your symptoms and to improve your overall health. There are a number of resources available to help you find treatment for BED, including:

* The National Eating DisFree Downloads Association (NEDA): 1-800-931-2237 * The National Association of Anorexia Nervosa and Associated DisFree Downloads (ANAD): 1-888-375-7767 * The Binge Eating DisFree Download Association (BEDA): 1-855-822-2060

You can also find more information about BED and treatment options on the websites of these organizations.



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