

Binge Eating

Are you worried that your eating is out of control? Binge eating disorder is the clinical term for compulsive eating...

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BED may be mild or severe, in order to meet the diagnostic criteria, the following are required:

1. Recurrent episodes of binge eating characterised by:-
 - Secretly eating an inordinate amount of food within a 2-hour period and
 - A sense of a lack of control over eating during the episode.
2. The binge eating episodes are associated with THREE or more of the following.
 - a) Eating more rapidly than normal.
 - b) Eating until feeling uncomfortably full.
 - c) Eating large amounts of food when not feeling physically hungry.
 - d) Eating alone because of being embarrassed by how much one is eating.
 - e) Feelings of remorse, disgust or depressed or very guilty after over eating.
3. Marked distress over binge eating is present.
4. Binge eating occurs on average at least 2 days per week for 6 months.

The binges are not followed by inappropriate compensatory behaviours, e.g. fasting, purging or excessive exercise. People with BED need counselling to help uncover what is causing them to use food in this way. If you think you might be affected by this then contact Lesley for more information or an appointment to talk about your issues.