

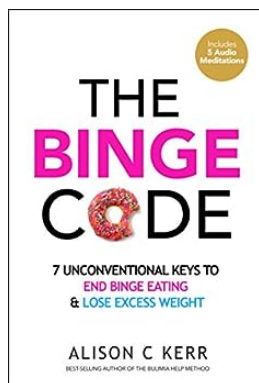
# Unconventional Keys To End Binge Eating And Lose Excess Weight Bonus Audios

Are you tired of constantly battling with binge eating and struggling to lose excess weight? Have you tried various diets and weight loss programs without success? If so, it might be time to explore some unconventional keys to help you overcome this challenge.

## The Root of Binge Eating and Excess Weight

Binge eating often stems from emotional and psychological factors rather than purely physical ones. It can be linked to stress, anxiety, depression, or even feelings of loneliness. Many individuals turn to food for comfort, causing uncontrollable binge eating episodes.

Excess weight gain is often a result of the constant cycle of binge eating followed by guilt and restriction. This harmful pattern can be tough to break, but with the right tools and mindset, it is possible.



## The Binge Code: 7 Unconventional Keys to End Binge Eating and Lose Excess Weight (+Bonus

**Audios)** by Alison Kerr (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 4543 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 188 pages
Lending	: Enabled



## **Unconventional Keys to End Binge Eating**

1. **Mindful Eating:** Instead of viewing food as the enemy, learn to embrace it as a source of nourishment and pleasure. Practice mindful eating by savoring each bite, paying attention to textures and flavors, and listening to your body's hunger and fullness cues.
2. **Address Emotional Triggers:** Identify the emotions or situations that trigger your binge eating episodes. It could be stress from work, relationship problems, or feelings of boredom. Find healthier ways to cope with these emotions, such as through exercise, journaling, or seeking support from loved ones or a therapist.
3. **Intuitive Movement:** Shift your focus from exercise solely for weight loss to movement that brings you joy and makes you feel good. Engage in activities that you genuinely enjoy, whether it's dancing, hiking, or practicing yoga. Listen to your body and give it the movement it craves without the pressure of burning calories.
4. **Self-Compassion:** Be kind to yourself during this journey. Avoid negative self-talk and practice self-compassion. Understand that setbacks may occur, but each day is a new opportunity to make better choices and move forward.

## **Bonus Audios for Additional Support**

Apart from implementing these unconventional keys, there are additional resources that can help you on your journey to end binge eating and lose excess weight. Bonus audios are a great tool to support and reinforce positive change.

1. **Guided Meditations:** Meditation can significantly help in reducing stress and promoting mindful eating. Bonus audios featuring guided meditations specific to overcoming binge eating and weight loss can provide you with valuable support while building emotional resilience.

2. **Hypnotherapy Sessions:** Hypnotherapy has shown promising results in helping individuals address the subconscious patterns that drive binge eating behavior. Bonus audios featuring hypnotherapy sessions can assist in reprogramming your thoughts and behaviors around food.

3. **Affirmations and Positive Reinforcement:** Bonus audios that offer affirmations and positive reinforcement can assist in rewiring your mindset. Regularly listening to these audios can help you develop self-belief, motivation, and a positive outlook on your journey to end binge eating.

Ending binge eating and losing excess weight requires a holistic approach that addresses the root causes and incorporates unconventional methods. By embracing mindful eating, addressing emotional triggers, practicing intuitive movement, and cultivating self-compassion, significant progress can be made.

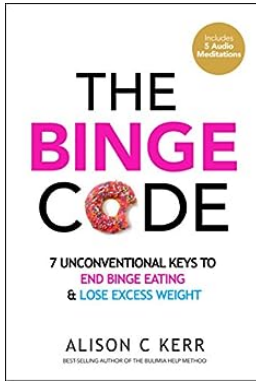
Additionally, utilizing bonus audios featuring guided meditations, hypnotherapy sessions, and affirmations can provide invaluable support and reinforcement along the way. Remember, breaking free from binge eating and achieving a healthy weight is possible with the right tools and mindset.

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Join Thousands who've Discovered a New Way to End Binge Urges & Food Cravings

(Update: Since its first publication in 2017, The Binge Code has sparked a quiet revolution in binge eating recovery, helping thousands of people worldwide end their struggle with food and is endorsed by University Professors, Eating Disorders Specialists and Doctors.)

Do you feel trapped in a continual cycle of overeating, food cravings, and food obsession?

Do you struggle to control your weight with diet after diet?

Does one donut frequently turn into a full-blown binge?

If so, you may be stuck in "The Binge Trap".

Your body, mind and emotions have become trapped in a continual cycle of bingeing on food. Until you break free, the desire to binge will always remain. It never goes away.

The Binge Code is a bold new book based on hard science and over 10 years of helping people end their binge eating issues and lose excess weight.

In this book, UK Nutritional Therapist and best-selling author of THE BULIMIA HELP METHOD, Alison Kerr shows you an easy-to-follow, step-by-step program to unlock your mind, body and emotions from "The Binge Trap".

Using her breakthrough approach you can overcome compulsive eating, food cravings, weight fluctuations and learn to live life to the fullest. Freedom from food issues - and a happier, more fulfilling life - is within reach. You just need to follow The Code

"You're not crazy, weak, or lacking willpower. And it's not your fault! The Binge Code digs into the science to show you what's keeping you out of control around food and provides an effective, easy-to-follow action plan to stop overeating."Cameron Heathers, bestselling author and Life30 co-founder

"The Binge Code is a scientifically sound and easy-to-understand road map to optimal health. I highly recommend this groundbreaking program" Dr. Robert Leslie, Founder of Wellbeing

## WHO IS THIS BOOK FOR?

This book is for anyone who ever feels powerless or out of control around food. Especially if you:

- Regularly overeat
- Eat when feeling emotional or stressed
- Constantly hop on and off diets

- Ever feel guilty or ashamed at what you've eaten
- Have been diagnosed with BED (binge eating disorder) or bulimia
- Are holding on to excess weight
- Find yourself binge eating at night

IMPORTANT: THIS IS MUCH MORE THAN JUST A BOOK

This self help book also comes with five audios for quick relief of binge cravings. You can apply these tools in situations that you may find triggering. Help is now with you wherever you go!

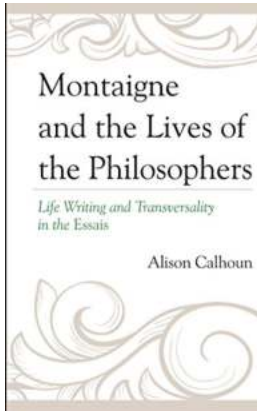
Join the community: Also included is an active support community to help support your journey. This blend of information, technology, and community support helps you get results.

Get it now.



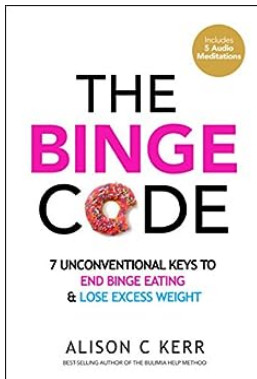
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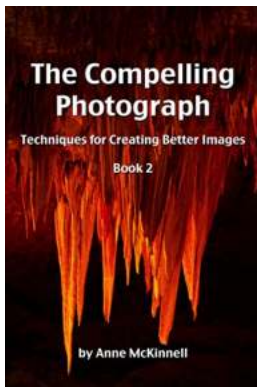
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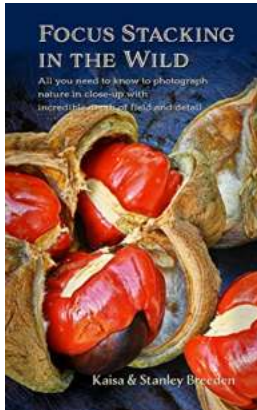
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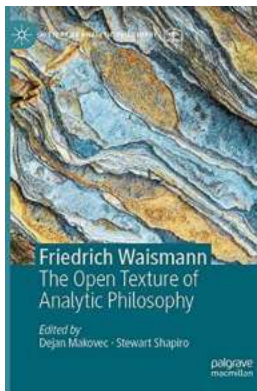
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