Learn How to Beat Emotional Eating And Regain Control

Alexander Heyne
Modernhealthmonk.com
WHAT IS MY EATING TYPE?

THE KEY TO EATING TYPES

FIND OUT WHICH EATING TYPE FITS YOU, AND CHANGE YOUR HABITS BASED ON THE “KNOWN WEAKNESSES” OF YOUR EATING STYLE.

WHAT’S YOUR EATING TYPE?

BRIAN WANSINK WROTE A FANTASTIC BOOK CALLED MINDLESS EATING WHERE HE PROFILED 5 TYPES OF DIFFERENT EATERS:

1. THE MEAL STUFFER - DO YOU USUALLY EAT ONLY DURING MEALTIMES, BUT YOU EAT VERY QUICKLY AND STUFF YOURSELF TO EXCESS? DO PEOPLE SAY YOU HAVE A “GOOD APPETITE” AND DO YOU OFTEN GO BACK FOR SECONDS?

2. THE SNACK GRAZER - DO YOU REACH FOR FOOD WHENEVER IT’S AROUND YOU? DO YOU SOMETIMES SNACK AS A BORED OR NERVOUS HABIT? DO YOU USE SNACKING AS AN EXCUSE JUST TO GET UP AND MOVE AROUND?

3. THE PARTY BINGER - ARE YOU A PROFESSIONAL IN AN ENVIRONMENT WHERE YOU CONSTANTLY ARE SURROUNDED BY FOOD AS A BACKDROP FOR BUSINESS OR FUN? DO YOU GO TO LOTS OF SOCIAL EVENTS OR BUSINESS MEETINGS?

4. THE RESTAURANT FANATIC - DO YOU FREQUENTLY EAT OUT AT RESTAURANTS? ARE YOU A PROFESSIONAL (YOUNG OR OLD) THAT IS BUSY AND CHOOSES TO EAT OUT INSTEAD OF COOK?

5. THE DESKTOP/DASHBOARD DINER - DO YOU FREQUENTLY SAY YOU’RE “TOO LAZY TO EAT” AND YOU JUST AVOID THE HASSLE BY EATING AT YOUR DESK OR IN YOUR CAR?

Alexander Heyne @ Modernhealthmonk.com
EMOTIONAL LEARNING

WHAT ARE MY TRIGGERS?
FIRST YOU NEED TO FIND OUT WHAT YOUR EMOTIONAL TRIGGERS ARE:

• IS IT STRESS?
• IS IT BOREDOM?
• IS IT DURING A SPECIFIC TIME OF THE DAY, LIKE WHEN YOU GET HOME FROM WORK?
• IS IT DURING ANY PARTICULAR TIMES, LIKE WATCHING TV OR USING THE COMPUTER?
• IS IT WHEN YOU’RE SAD?
• IS IT WHEN YOU’RE ANGRY?

ONCE YOU KNOW YOUR TRIGGERS
1. READ THIS GUIDE ON CHANGING YOUR HABITS
2. READ THIS GUIDE ON FOOD ADDICTION HABITS
3. READ THIS GUIDE ON SUGAR CRAVINGS

ALL THREE OF THESE GUIDES WILL GO INTO DETAIL ON LEARNING TO CONTROL FOOD BY CHANGING YOUR HABITS.

Alexander Heyne @ Modernhealthmonk.com
COGNITIVE CONTROL

A. MASTERING MENTAL CHATTER

START RE-WRITING HOW YOUR BRAIN THINKS ABOUT FOOD.

WHEN YOU NOTICE YOURSELF CRAVING SOMETHING YOU KNOW YOU SHOULDN’T EAT, RE-FRAME IT:

RATHER THAN SAY “OH MAN THAT ICE CREAM LOOKS GOOD,” USE THE “BUT” RULE:

“OH MAN THAT ICE CREAM LOOKS GOOD... BUT I KNOW TOMORROW I’M GOING TO REGRET IT, AND I KNOW TONIGHT I’M GOING TO FEEL LIKE CRAP. STAY AWAY SATAN!!”

BETTER YET - CARRY A PICTURE OF YOURSELF PRE-DIET TO REMIND YOURSELF WHAT YOU NEVER WANT TO LOOK LIKE AGAIN.

B. SET RULES

SETTING RULES IS AN EFFECTIVE WAY TO BYPASS WILLPOWER.

RATHER THAN TRYING TO FIGHT THE URGE TO EAT FRENCH FRIES, CREATE A RULE THAT “I DON’T EAT FRENCH FRIES.”

SIMPLE RULES (LIKE “I DON’T EAT BETWEEN MEALS”) CAN QUICKLY BECOME GOOD HABITS THAT DON’T REQUIRE WILLPOWER.
LEVERAGE SOCIAL

THE KEY TO LEVERAGING SOCIAL

The people we surround ourselves with (online or offline) determine much of our success in anything.

Learn to leverage your social life in your favor.

LEVERAGE SOCIAL

Join online groups that integrate social media with reaching your personal goals like:

- Fitocracy
- StickK
- DietBet

These sites will help find others like you that are motivated to change.

Also, in person (or online) building a close crew of supporters will help immensely.

You can do this in a few ways:

- Build an in-person support group of a few friends who will closely monitor your progress and ask you how it’s going
- State your goal... publicly... then have friends and family hold you to it
- Pick a friend who has the same goal, and go at it together

Alexander Heyne @ Modernhealthmonk.com
BECOME YOUR OWN COACH

THE KEY TO BECOMING YOUR OWN COACH

ANYONE THAT HAS DEALT WITH A CHRONIC HEALTH ISSUE FOR MORE THAN A FEW MONTHS KNOWS HOW MUCH IT IMPACTS YOUR QUALITY OF LIFE.

HAVING DEALT WITH THIS MYSELF, I ENDED UP creating "DEFINITIVE DOCUMENTS" ON MY COMPUTER, ONE FOR EACH PROBLEM, WHERE I COULD EXPERIMENT.

I PERSONALLY USED THESE FOR INSOMNIA, KNEE BACK, BACK PAIN AND MANY OTHER ISSUES.

BUT YOU CAN USE THEM TO CONQUER EMOTIONAL EATING, TOO:

- START KEEPING RECORDS OF INCIDENTS WHEN YOU BINGED OUT OF CONTROL
- WRITE DOWN THE FOODS THAT YOU CRAVE THE MOST
- KEEP TRACK OF ALL THE "KRYPTONITE" FOODS THAT MAKE YOU OVEREAT EVERY SINGLE TIME - SO THAT YOU CAN AVOID THEM IN THE FUTURE

IN GENERAL, WHAT YOU’RE TRYING TO DO HERE IS BECOME YOUR OWN EXPERT. EVERYONE IS DIFFERENT, AND IN ORDER TO MASTER YOURSELF YOU NEED TO FIRST KNOW YOURSELF.

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FOR MORE INFORMATION

Make sure to check out Modernhealthmonk.com.

Full list of image citations can be found in the post here and in another post here on food addiction.

Other royalty-free images from Freedigitalphotos.net

If you have any questions, feel free to shoot me an email at Alexander@modernhealthmonk.com

I hope you enjoyed this free report!

Cheers!

-- Alex