

# FOOD CONTROL

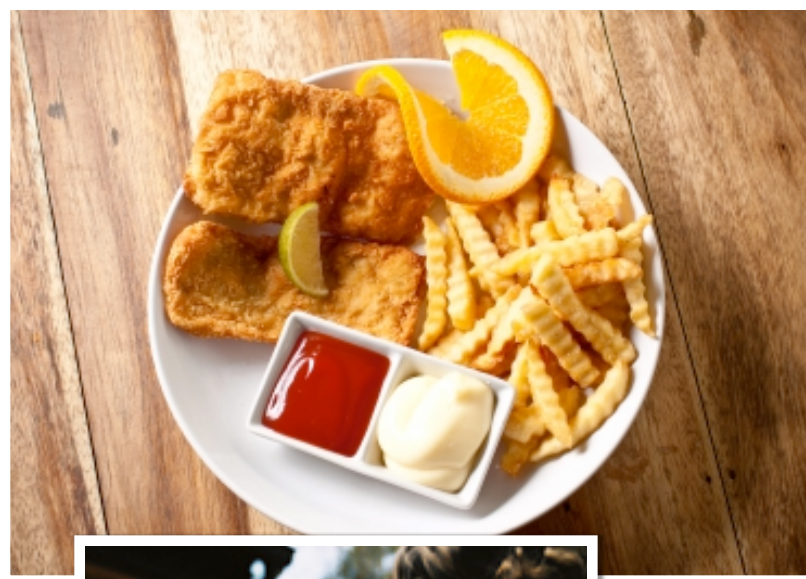
EMOTIONAL EATING & FOOD ADDICTION



Learn How to  
Beat Emotional Eating  
And Regain **Control**

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# 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?



# EMOTIONAL LEARNING



## THE KEY TO EMOTIONAL LEARNING

LEARN WHAT EMOTIONS, PLACES, SITUATIONS, TIMES OF THE DAY, AND ACTIVITIES MAKE YOU REACH FOR FOOD.



## 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.



# COGNITIVE CONTROL

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**START YOUR OWN DIETBET™**

## THE KEY TO COGNITIVE CONTROL

LEARN TO MASTER THE MENTAL CHATTER IN YOUR HEAD, AND SET PERSONAL FOOD RULES SO YOU DON'T SLIP UP.



## 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.



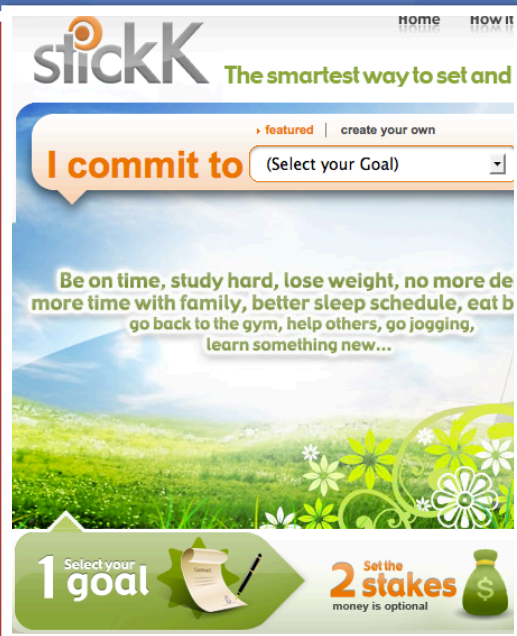
# LEVERAGE SOCIAL

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

## 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



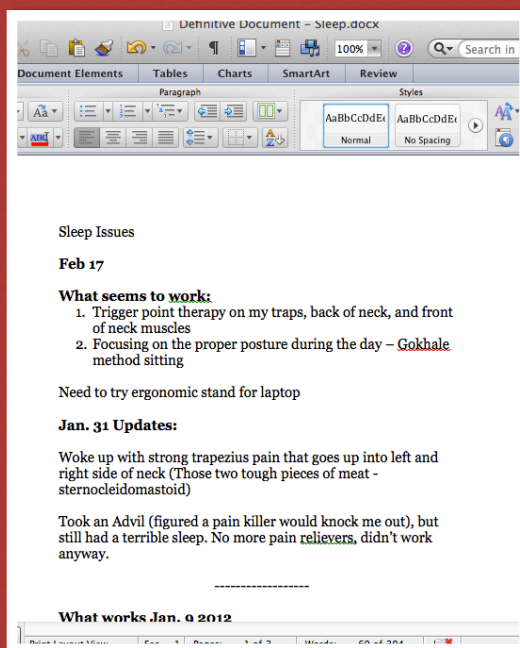
# BECOME YOUR OWN COACH



## THE KEY TO BECOMING YOUR OWN COACH

GET SCIENTIFIC ABOUT YOUR GOALS OR THINGS YOU WANT TO CHANGE ABOUT YOUR HEALTH.

CREATE A DOCUMENT ON YOUR COMPUTER WHERE YOU RECORD ALL THE EXPERIMENTS YOU HAVE UNDERTAKEN, AND THEIR RESULTS.



## BECOME 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.



## FOR MORE INFORMATION

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Make sure to check out [Modernhealthmonk.com](http://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](http://Freedigitalphotos.net)

If you have any questions, feel free to shoot me an email at [Alexander@modernhealthmonk.com](mailto:Alexander@modernhealthmonk.com)

I hope you enjoyed this free report!

Cheers !

-- **Alex**