

Special Report

10 Surprising Reasons Why You Grab For Food Unwisely — And How You Can Stop Doing It!

by Dr. Patricia Carrington, Ph.D.
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“I was addicted to carbs and have been on a diet most of my life. Never in my wildest dreams did I think this method would work for me. To my amazement it almost immediately helped me feel in control of myself ... I lost my cravings. I lost the extra pounds and kept them off ... most importantly, I didn't feel deprived.....”

Kathy Hornbach
(HornbachK@yahoo.com)

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WHAT THIS BOOK CONTAINS

THE GREAT DIET MYTH

WHAT'S THE REAL ISSUE?

EMOTIONAL TRIGGERS THAT CREATE CRAVINGS

DOES THIS REMIND YOU OF YOU?

Jim Was Constantly Worrying

Claudia Had Hidden Anger Toward Her Mother

Mary Had Fears and Insecurities From Childhood

Fiona Felt Out of Control In Many Areas of Her Life

Diane Was Lonely and This Made Her Anxious and Angry

Rod's Divorce was Devastating Him

Sadness Can Make You Overeat

Grief Can Make You Grab for Food

Guilt Can Make You to Stuff Food Into Your Mouth

*THE REMARKABLE EFFECTS OF A
SIMPLE TAPPING TECHNIQUE*

HOW TO LEARN THAT TECHNIQUE

The Great Diet Myth

“All you have to do to lose weight is use your will power and stick to the right diet (with a little bit of exercise).”

Right?

WRONG!

You know the feeling all too well. That overwhelming urge grips you and you're at the mercy of something stronger than you. What is it?



If you're like most people you constantly struggle to reach your ideal weight and if you do get there, you struggle to keep it. The problem is:

Diets and most weight loss programs tell you what to eat, when to eat, how to eat, and sometimes, even *where* to eat.

BUT that's the same as putting a bandaid on a nail lodged in your foot. If you don't remove the nail, the bandaid isn't going to help!



The **ONLY** way to get a grip on overeating is to get to the root of the problem, and **the root of the problem is *WHY YOU OVEREAT!***

Does it matter what foods you eat? Of course! Is it important to exercise? Of course! **But if you can't stop the compulsion that causes you to overeat in the first place, nothing else will matter.**

The problem is -

As long as FOOD is the focus of your diet plan, you are destined to fail. Researchers estimate that 95 percent of diets fail because the unwise use of food is a byproduct of the real underlying issue.

What's the REAL Issue?

There is a DIRECT connection between what you're feeling and thinking (your emotions) and an uncontrollable urge to eat. For example, if you're feeling lonely, afraid, hurt, or angry, overeating will *numb* these unpleasant feelings. It focuses your attention elsewhere so that you can "pretend" the unpleasant feelings away.

It becomes such a habit to reach for food when these feelings arise that we're often unaware there are any negative feelings present inside us at all.

Until recently, the most neglected area of weight loss theory has probably been **eating to avoid painful emotions**. Scientists have now identified a key factor in our urge to eat too much, which they call "emotional overeating." This is **overeating to suppress unwanted feelings and reduce stress**.

Overeating is like filling your gas tank and then proceeding to fill your back and front seats with gasoline, too. Your car doesn't need the extra fuel and neither do you!

Emotional Triggers That Create Cravings

How many times have you found yourself standing in front of an open refrigerator moments after finishing a meal, just staring, not having any idea what it is you really *want* in there? You only know that something compelled you to walk to the kitchen and open the door. **When this happens, you are being driven by your emotions. They are controlling you.**

Certain emotions are common overeating triggers, and everyone has their own most frequent culprits. For one person, it might be anger, while sadness or feeling discouraged

might be the most frequent cause of overeating for someone else. Here are some more triggers:

IS THIS YOU?

Persistent Worry

JIM WAS CONSTANTLY WORRYING

A great father, Jim spent a lot of time worrying about his children. It all started when his youngest was hit by a car at the age of five. The little one suffered a fractured skull, and Jim's whole world seemed to cave in. Suddenly, he could no longer trust that his children would be safe. His son actually recovered from the experience much better than Jim.

While he knew he couldn't keep them in a plastic bubble, Jim found himself constantly afraid that something else would happen to his children. He worked hard not to be an overprotective parent, and in the process, he stuffed his feelings down deep inside where he didn't have to think about what *could* happen.

Before long, Jim was gaining weight. Ten pounds, twenty pounds, thirty pounds. Next came chronic indigestion and breathing problems. His doctor told him he had to lose weight.

Jim was a slave to his worries and needed a better way of dealing with his fears. But he didn't find a way at first. Although he tried to talk himself out of his unreasonable fears, it simply didn't work. Then he found out about EFT from his secretary, who had been using it successfully for some time. The technique turned out to be a gift to Jim in many ways – not just for losing weight. His EFT practice brought a new balance into his life and gave him an easier way of coping with the inevitable challenges and crises that life brings. Soon, there was a noticeable difference in the way Jim was handling *all* of his problems. He used EFT regularly to calm his anxieties and restore his perspective. And before long, his compulsion to overeat was gone – it had vanished with his extra pounds.

Does This Remind You of You?

[Click here](#) to find your solution.

"I received your wonderful weight loss software this past Friday and have been working on personal issues now for 2 days straight. What an amazing program! It has made me feel so much better about food and eating and myself. I awakened yesterday with a horrible cold, and after working on EFT all day yesterday, it is gone today! (I did not tap for it specifically.) My goal is to lose 50 pounds; I know that I can do it with the help of your program! Thank you so much for taking the time, energy, and work to create such a marvelous help!!!"

Kim Kemery (fairwings227@yahoo.com)

When you worry, you're concentrating on what *might* take place in the *future*. This causes you to feel out of control, and that's certainly a very uncomfortable way to feel. If you can't control something, it feels as though anything can happen. Few things cause us to feel more unsafe than feeling out of control.

But certain foods can offer a temporary feeling of safety and serve as a salve for this out of control feeling. If you eat *enough* of your chosen food, you might even forget about your worry for a while, provided that you *continue eating*. If you stop eating for very long, the worry will come back, and the cravings will no doubt come with it.

Anger

CLAUDIA AND HER MOTHER

Claudia speaks to her mother on the phone every week, after which she inevitably goes straight to the refrigerator. "I've got to stop eating so much sugar!" she tells herself; only she doesn't stop. The cake is right in front of her, and it looks much too tasty. Never mind that she just finished a full lunch.

Claudia's culprit is *anger* toward her mother. Unfortunately, expressing her anger openly to her mother has always blown up in her face. Her mother begins to cry and refuses to have an adult conversation about their problems. So, in order to deal with this and maintain a good relationship, Claudia has learned to suppress her anger toward her mother and pretend it doesn't exist. The cake helps her to keep the anger where she feels it must belong – hidden from her own awareness!

Claudia has always known that her mother can be frustrating, but it has taken her a long time to connect her food binges to her mother's weekly call. The problem has now escalated to the point where Claudia turns to food when she simply *thinks* about her mother.

Whether or not Claudia ever chooses to express her anger directly to her mother isn't really the point. She can express it to her mother if she wants, but most importantly, Claudia simply needs to find a constructive outlet for her anger that doesn't add inches to her waistline and doesn't keep her enslaved to unhealthy eating habits! Does it sound easier said than done? It's actually a simple matter of becoming *aware* of the anger and stopping before that habit of reaching for the food takes place.

In Claudia's case, this was indeed more easily said than done. At least until her diet counselor introduced her to what at first seemed to be "too simple" a solution –a deceptively simple strategy called "EFT" (short for Emotional Freedom Techniques). Using EFT, she actually changed her feelings about her anger toward her mother. Claudia soon found that she no longer had the same wild urge to grab food as she had had before. The need to do so was simply gone.

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"I immediately identified one of my major issues among those you listed in your EFT weight loss program and this opened a door for me. I could now recognize one of the core reasons for my uncontrollable eating. Handling it using your method brought me freedom at last."

Theresa Santoro
moontearose@aol.com

As in the situation with Claudia, anger is a difficult emotion for anyone to experience and express. Again, it feels unsafe because expressing it could spell trouble. You could lose your job, put your relationships in jeopardy, and on and on. Anger is a natural emotion, but it can be a very delicate one to express in a productive way.

Eating is especially effective for hiding anger **from yourself**. The biting mechanism itself helps to dissipate the emotion somewhat, and the more you chomp, the more you feel relief. When you want to sink your teeth into the arm of your enemy, you sink your teeth into a crunchy bagel instead. As in the situation with Claudia, anger is a difficult emotion for anyone to experience and express. Again, it feels unsafe



because expressing it could spell trouble. You could lose your job, put your relationships in jeopardy, and on and on. Anger is a natural emotion, but it can be a very delicate one to express in a productive way. Eating is especially effective for hiding anger **from yourself**. The biting mechanism itself helps to dissipate the emotion somewhat, and the more you chomp, the more you feel relief. When you want to sink your teeth into the arm of your enemy, you sink your teeth into a crunchy bagel instead.

So, what's wrong with that? Well, besides the health and weight issues, the anger doesn't actually go anywhere. It is only temporarily masked by the act of eating. There is no emotional resolution when you "pretend" your emotions away. As unpleasant as it may be, they need to be dealt with directly in order to be psychologically healthy, and they must be neutralized by some technique like EFT, which actually has a physically calming effect on you. Only then will the negative emotions cease to bother you and cause unwanted behavior like overeating to stop.

Fears and Insecurities



You can certainly see the logic here. Using food to suppress an emotion is the equivalent of "swallowing" your feelings, rather than expressing them. And the **biting action** offers some relief because it satisfies the primal instinct to bite our enemies in defense. Because of this, crunchy foods may feel especially good when we're anxious, frustrated, or angry.

A special method is needed to redirect our feelings and free us from our compulsion to overeat. EFT is an excellent example of one well-tested strategy that can help you as it has many others.

FEELING OUT OF CONTROL

FIONA FELT OUT OF CONTROL

"I've been on diets my whole life and never in my wildest dreams did I think EFT would work for me ... but it did!"

Fiona was excited to discover that the feeling of being out of control was no longer a

problem for her as a result of using EFT. She doesn't have food cravings anymore and has maintained her ideal weight for more than a year. She can now eat sensibly without struggling with control issues.

"It helped me finally feel in control of myself," she says. "I lost my cravings, and I didn't feel deprived when dieting either."

Does This Remind You of You?

[Click here](#) to find your solution.

Can Food Be a Tranquilizer?

What is it that is so comforting about **comfort foods**, anyway? Are they simply a reminder of more pleasant times?

The truth is that eating is a survival instinct. Of course, we have to eat in order to live, but this instinct has other consequences. As soon as the brain registers that there is a lack of available food, our primal nature kicks in with hunger pangs.

But for those of us who are not in danger of starvation, this instinct is often simply – **wrong**. The biological blueprint from the early days of mankind remains today and signals the brain that eating is necessary **even when it isn't**.

Here's the thing: when food was scarce, safety meant a full stomach. That association – *full stomach equals safety* – is imprinted on our DNA.

So, when we feel emotionally unsafe, what do we seek? A feeling of safety, of course! As a result of this biological blueprint and our own experience, we have learned that a full stomach can generate this feeling of safety – but only temporarily. This is what lures us to the refrigerator or the cabinet or the convenience store.

LONELINESS AND ANXIETY

DIANE WAS LONELY AND ANXIOUS

Diane's husband had to take a night job in order to ease their financial strain, and she was stuck in a new suburban neighborhood without friends and without her husband

around to keep her company. She wasn't used to being alone so much, and she found herself resorting to salty snacks to combat her loneliness and anxiety.

After her children fell asleep in the evening, Diane ate handfuls of chips and pretzels, and the handfuls soon turned to whole bags. Once she started using EFT, however, she was able to eliminate her anxiety about being home alone, and much to her relief, she no longer felt compelled to eat at night. Diane was able to easily drop the needed pounds, and she then continued to use EFT for countless other issues that were giving her distress.

Does This Remind You of You?
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ABANDONMENT, LOSS, AND ANGER

ROD'S DIVORCE

After his divorce, Rod turned to food to cope with strong feelings of abandonment, loss, and anger. As a result, he gained many unwanted pounds. It was only when he began to use EFT to neutralize his emotions about the divorce that the weight came off quickly and effortlessly. "I was never able to control myself around sugar before using EFT," Rod says, "but now, I just don't need it. I'm not obsessed with sweets or with any other food the way I used to be. I feel as though I've been set free!"

Does This Remind You of You?
[Click here](#) to find your solution.

Certain foods such as carbohydrates have an especially soothing effect on the body. One theory is that carbohydrates give us a rapid rise in our blood sugar levels. The problem with this "blood sugar rush" is that it is short-lived. The feeling of euphoria is followed quickly by a rebound reaction when your blood sugar drops *even lower than before*. Then, the cravings begin again, as you feel the need to raise your blood sugar back up. It's a vicious cycle that creates that familiar "the more I eat, the more I want to eat" syndrome.



So, while overeating may be a “quick fix” to the painful emotions that we all experience, it is a solution that creates additional problems – excess weight and poor physical health, as well as poor emotional health. In a sense, weight gain and health problems are side effects of these food “tranquilizers.”

OTHER EMOTIONAL TRIGGERS

SADNESS

Sadness is another emotion that can often create hunger. Sweet foods are especially effective at offering comfort when you’re feeling blue, but again, the emotional numbing process is short-lived. While there’s nothing wrong with trying to find a pick-me-up when you’re feeling low, you already know that eating too many sweets not only puts on the weight but can cause numerous serious health problems – especially if the habit is continued long-term.

Refined sugar also creates a physiological craving for *more sugar* that perpetuates the bad habit and makes it harder to stop the cycle. This certainly makes emotional overeating a poor coping mechanism for sadness. Far better are Energy Psychology techniques such as EFT, which can soften the sadness and allow you to cope in a more effective way.

Does This Remind You of You?

[Click here](#) to find your solution.

GRIEF

Grief is a difficult emotion for anyone to experience. Whether the loss is due to the death of a loved one or the end of a relationship, it can be overwhelming. People who experience all-encompassing feelings like grief may turn to emotional overeating for the first time in their lives.

While grieving is a process that must be experienced gradually, there is no use postponing the feelings, or the overeating will have to continue forever. Grief is a painful emotion, but we feel better when we allow ourselves to release the feelings of loss rather than hold onto them and pretend they don’t exist. But this release can only take place if we have a strategy at our fingertips for genuinely reducing the pain caused by the grief.

Emotional healing techniques such as EFT can help lead to permanent recovery and a constructive forward-looking attitude.

Does This Remind You of You?
[Click here](#) to find your solution.

GUILT

Guilt is another very difficult emotion, and genuine self-forgiveness is the only real solution. This may take time, but drowning the guilt in food accomplishes nothing in the long run. Many people fail to deal with guilt feelings because working toward self-forgiveness feels wrong. They feel that they must punish themselves continually for their transgressions. Of course, this only perpetuates the problem and does nothing to erase what happened. What's done is done, and the best thing you can do is forgive yourself and learn from your mistakes. An extremely valuable feature of EFT is its ability to produce self-forgiveness and self-acceptance. These positive emotions can lead to a marked lessening of your need to grab for food.

Does This Remind You of You?
[Click here](#) to find your solution.

“At our clinic we are presently using EFT to help patients overcome negative emotions that undermine health, and to eliminate many forms of pain...We also use it to reduce food cravings that can sabotage healthy eating programs, and to implement positive life goals to support optimal health and well being...EFT is now a major component of our treatment program.”

Dr. Joseph Mercola
Director, Optimal Wellness Center, Chicago, Illinois
Creator & Host of www.mercola.com
(most widely visited natural health website in the world)

The point is that no matter what your reason is for emotional overeating, Energy

Psychology techniques like EFT can combat the problem in a simple way with NO dangerous diet pills or side effects.

The Remarkable Effects of a Simple Tapping Technique

As you can see, the tapping technique we especially recommend in this report is EFT. It isn't the only Energy Psychology technique, but it certainly is the most extensively used and well-documented one. In fact, it's now used in many medical settings, as well as by countless people in their homes.

EFT is derived from the ancient science of acupuncture and involves gentle tapping of specific "comfort spots" on the face, hands, and upper body while the person repeats out loud selected words and phrases that target their specific problems. It works to counteract the body's physical addiction to certain "favorite" foods and addresses the emotional triggers that set the food cravings in motion. In other words, it's a double-sided approach.

How does EFT fare with specific issues?

Remember Claudia and her problem with her mother? In Claudia's case, ending her overeating once she was aware of her anger was indeed more easily said than done. At least until her diet counselor introduced her to what at first seemed to be "too simple" a solution – tapping lightly on selected acupuncture points on her face and upper body while repeating selected phrases out loud.

Does it sound absurd? It seemed so to Claudia until she discovered that "EFT" - this deceptively simple strategy - had an incredible effect on her. It actually changed her feelings about her anger toward her mother, making it easier for her to feel comfortable with these feelings and allowing her to handle them more constructively.

Claudia soon found that she no longer had the same wild urge to grab food as she had before. The need to do so was simply gone!

EFT EFFECTIVELY:

Reduces Fears and Insecurities

Eliminates the Feeling of Being Out of Control

Counteracts Feelings of Abandonment, Loss, and Anger

Overcomes Loneliness and Anxiety

And so much more...

In the past, you would have had to find an EFT practitioner to teach you this method, or you would have learned it from a manual that left you to apply the method by yourself. now you can use a computer program that teaches you EFT! It leads you step by step as you apply this method to correct your own emotional overeating. It also helps with any other issues you may have. Use it as often as you want.

The program is called *The Key to Successful Weight Loss* (you will find all the details at: <http://www.ConquerOvereating.com>).

When you start to use EFT, you can EXPECT wonderful and surprising things to happen in your life. The best part is that you don't have to use some particular food scheme. You can use EFT with ANY eating plan that you want. This amazing computer program teaches you everything you need to know to improve any area of your life!

To find out more about Emotional Freedom Techniques (EFT) and

THE KEY TO SUCCESSFUL WEIGHT LOSS

— the revolutionary computer program that uses EFT —

Go To:

<http://www.ConquerOvereating.com>

