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The Biblical Nutritionist®

Gain the Health - Fulfill the Mission

OVERCOMING COMPULSIVE OVEREATING

These notes are the compliment to the CD Four Steps to Overcome Compulsive Overeating from the Treasures of Healthy Living series found on the website: www.DesignedHealthyLiving.com

I pray these notes help you be set FREE and able to enjoy every meal with the love of Jesus. Annette Reeder

Don't believe these lies:

- Lie #1 – I AM MY BODY
Some believe they are their bodies and that they will not be acceptable and worthwhile until their bodies carry less weight. 1 Samuel 16:7
- Lie # 2 – I CANNOT CHANGE
Some feel powerless and out of control about food, their bodies, themselves and their potential to change. Isaiah 40:29
- Lie # 3 --I WILL BEVER BE GOOD ENOUGH
Some never feel good enough, smart enough, responsible enough or perfect enough. Psalm 34:4
- Lie # 4--I AM ALL ALONE
Some feel alone, unlovable or feel discounted. 1 John 4:12, Proverbs 8:17
- Lie #5—I CANNOT FORGIVE MYSELF.
Some feel unable to forgive themselves for overeating. Acts 26:18

Recovery is a process not a quick fix.

Healing comes by being able to give healthy responses to questions such as:

Who am I?

What are my own thoughts, ideas, values and feelings? (Compulsive overeaters are typically people pleasers – not able to voice their own opinions)

What are my own wants and needs?

What scares me, angers me, pleases me, saddens me?

What can I do when I feel fear, anger, joy or sorrow besides eat?

How can I stop obsessive thoughts and compulsions to eat?

What stresses me and makes me tense?

What can I do when I feel tense and stressed besides eat?

How can I ask for what I need and want?

How can I learn to accept that I have a right to ask for what I need and want?

How can I learn not to abandon myself all the time for the sake of others?

How can I learn to accept myself and be patient and harmless with myself as I heal?

How can I learn to forgive myself?

It is hard work to overcome overeating but with hard work it can happen and lead to a life that is free and fulfilling. It is like coming home.

Daily you must trust God for deliverance, trust yourself, accept yourself and nourish yourself.

This will allow you to break free from compulsive overeating by learning to eat what you want and trusting yourself to make healthy choices and healthy proportions.

Recovery from an eating disorder is probably the most difficult task you will ever face. At times it may seem impossible to you. Recovery demands every resource and every bit of courage you can muster.

Unfortunately, wanting to get better is not enough. You must change both your mind-set and your behavior; one without the other is not enough. And you must face the substance that represents so much to you and frightens you the most: food.

12 Steps to Recovery

1. Admit it – eating and thought of eating are out of control
2. Believe 2 things – change is possible and “I deserve to have a better life.”
3. Make a decision to change. Decide to tolerate whatever feelings come up.
4. Inventory problems needing to be addressed. Write down symptoms: how you eat, how you exercise, how you punish yourself for eating, how you try to lose weight, how you degrade and criticize yourself and try to be perfect.
5. Share your inventory from number 4 with someone who can help.
6. Develop a plan – keep it simple. Include attainable goals – not overly ambitious or complicated. Identify one problem and work on it.
7. Fake it till you make it! Believe you are going to feel better. It may take a long time but believe anyway. Anxiety will disappear, obsessing over it or avoiding change makes it worse.
8. Take life one day at a time or one meal at a time. If you have trouble start again. Give yourself another chance. Very few people can climb straight up a mountain.
9. Build in some rewards for your efforts. Recovery is hard work. Find ways to soothe yourself. List rewards and allow one every day.
10. Talk about how you feel as you make changes. As you change your behavior more feelings will surface. To understand these feelings talk, talk, talk, write, write, write in your journal.
11. Keep on changing. Each week review inventory and decide which one to attack.
12. Believe in yourself and give yourself credit.

Sample Plan – 10 Point Contract.

Give yourself one point daily for each item you complete. Strive for a 10 point day – it is more important than the weight on the scale. This is just a sample – design your own contract.

My contract with myself for success.....

I will:

Physically:

1. Journal my feelings.
2. Do something that feels good and is healthy every day.
3. Eat at the table every meal and snack – no eating on couch, in bedroom, at computer or playing games.
4. Eat at healthy times of the day and stick to these times.
5. Exercise daily.

Mentally: Repeat these statements to myself a minimum of 5 times each daily.

1. I can do this with God.
2. I love my body – just as it is.
3. I love the Lord and He created me in His image.
4. Change is possible.
5. I deserve a healthy mind.

Suggested Supplements:

- Whole food multi- vitamin
- Protein – High quality soy protein powder (must be non-GMO, water processed)
- B- Complex – extra is needed to overcome sugar cravings and mood swings
- Vitamin C – in addition to the multi vitamin
- Vitamin E – in addition to the multi vitamin
- Zinc
- Omega 3 fish oil
- Alfalfa tablets
- Herbs – Milk Thistle, and a combination of: magnesium, zinc, chromium, taurine, vanadium, alpha lipoic acid, and banaba leaf extract

*Dalton, Sharon; Overweight and Weight Management; Jane Hirschmann & Carol Munter, Overcoming Overeating; Eating Disorders, Raymond Lemberg.