

<p><b>“NORMAL” EATER</b></p> <p>(with obesity)</p>	<p><b>EMOTIONAL EATER</b></p> <p>(eating disorder)</p>	<p><b>FOOD ADDICT</b></p> <p>(chemical dependency)</p>
<p>The problem is <b><i>physical:</i></b></p> <ul style="list-style-type: none"> <li>• Weight</li> </ul>	<p>The problem is <b><i>physical and mental-emotional:</i></b></p> <ul style="list-style-type: none"> <li>• Binge eating, restricting, and/or purging over feelings</li> <li>• Unresolved trauma</li> <li>• And possibly weight (sometimes overweight and sometimes underweight)</li> </ul>	<p>The problem is <b><i>physical, mental-emotional and spiritual:</i></b></p> <ul style="list-style-type: none"> <li>• Physical craving (false starving)</li> <li>• Mental obsession (false thinking)</li> <li>• Self-will run riot (false self)</li> <li>• And often trauma and weight</li> </ul>
<p>The solution is <b><i>physical:</i></b></p> <ul style="list-style-type: none"> <li>• Medically approved diet</li> <li>• Moderate exercise</li> <li>• Support for eating, exercise and lifestyle change</li> </ul>	<p>The solution is <b><i>mental-emotional and physical</i></b></p> <ul style="list-style-type: none"> <li>• Develop skills to cope with feelings other than with restricting, purging and bingeing</li> <li>• Resolve past emotional trauma and irrational thinking (heal trauma)</li> <li>• Same as for Normal Eater</li> </ul>	<p>The solution is <b><i>physical mental-emotional and spiritual:</i></b></p> <ul style="list-style-type: none"> <li>• Abstinence from binge foods and abusive eating behaviors</li> <li>• Rigorous honesty about all thoughts and feelings</li> <li>• A disciplined spiritual program, e.g. The Twelve Steps</li> <li>• All those for Normal &amp; Emotional Eaters</li> </ul>
<p><b>What works:</b></p> <ul style="list-style-type: none"> <li>• <b>Willpower</b> (less calories in, more calories out)</li> </ul>	<p><b>What works:</b></p> <ul style="list-style-type: none"> <li>• <b>Moderate Eating</b> (challenge irrational thinking, resolve prior trauma)</li> </ul>	<p><b>What works:</b></p> <ul style="list-style-type: none"> <li>• <b>Surrender</b> [complete commitment to battling a chronic condition] (no addictive foods, ask for help, “work” a spiritual program)</li> </ul>