

A hand with red nail polish holds a gold fork over a bowl of orange rice. The bowl is white and sits on a light blue textured surface. The rice is mixed with orange sauce, sliced tomatoes, and fresh basil leaves. The text is overlaid on the bowl.

4 REASONS WHY YOU MIGHT BE OVEREATING

A guide to help you figure out
the reason behind overeating,
and it maybe something you don't even
realize!

TINA REDDER

WHY AM I OVEREATING?

REASON # 1

Maybe you forgot
when and how to eat?

REASON # 2

Maybe your body
hungers for more nutrients,
not more calories?

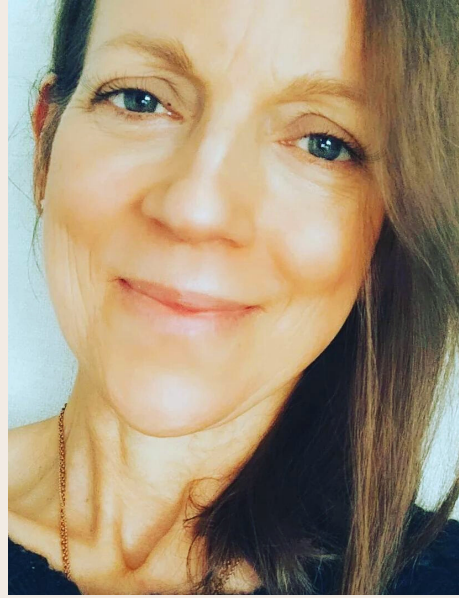
REASON # 3

Maybe you are
trying to feel satiated
with the wrong foods?

REASON # 4

Maybe food is not
what you need?





Hi, my name is Tina,

and I am an overcomer of overeating.
I know the struggles and the negative feelings we can
have when not in control of food but the other way
around.

I'm happy that you clicked on the link to download this
document!

This guide will give you insights on the reasons why you
might be overeating.

Ask yourself the questions and start to move in the
direction of overcoming and conquering the stronghold
food has on you.

Let's dive in ...

R E A S O N

#1

MAYBE
YOU FORGOT
WHEN & HOW TO EAT?

"Nourish your body, feed your soul"

WHEN AND HOW TO EAT

Due to our busy lifestyles we often don't make the time for a proper meal.

We have forgotten the importance of sitting down to eat.

Focusing on nothing else, on no distractions, except on our food and maybe a nice conversation.

A prayer of thanksgiving before the meal makes us slow down. It makes us be present and mindful of what we are about to do.

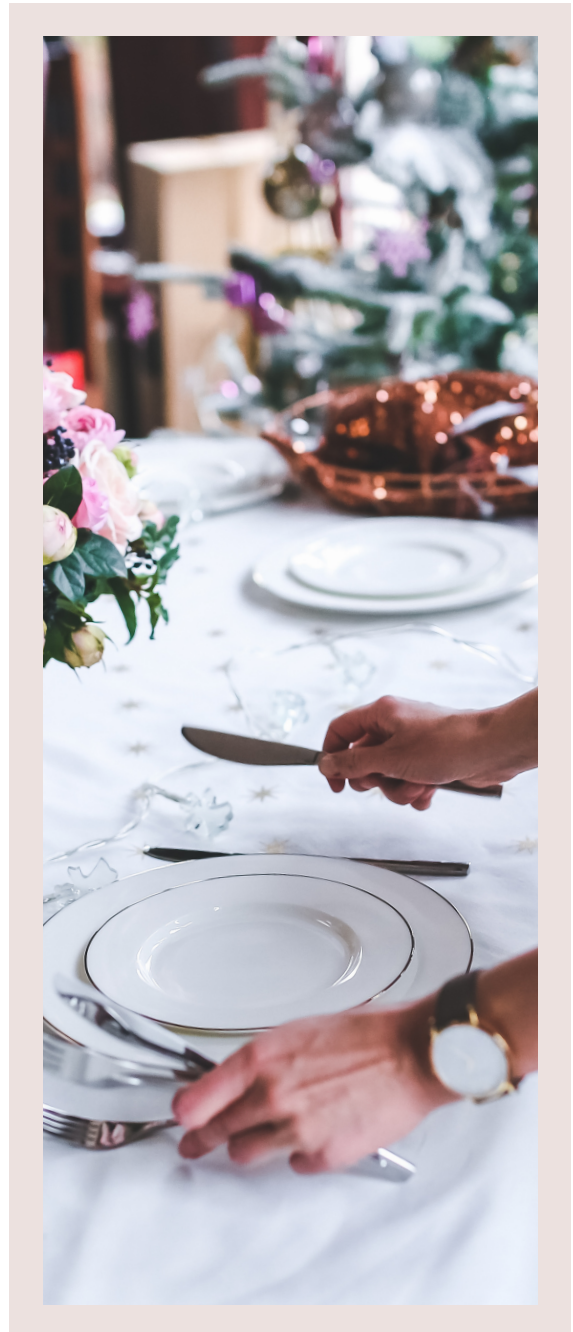
Doctors will tell you that there are physiological benefits to saying grace, taking a minute of gratitude, before eating. It can transform the experience of the meal to another level, making us mindful and grateful.

Eating on the run, nibbling all day instead of regular meals, eating while working, driving, on the phone, scarfing down food above the sink, watching tv is not how we are supposed to feed our bodies.

I don't remember having said a prayer or giving thanks for the nourishment when I was doing any of the above.

An irregular, mindless way of eating has messed up our hunger & fullness cues.

At the start of the meal is where mindful eating begins.



R E A S O N

#2

MAYBE YOUR
BODY HUNGERS FOR
MORE NUTRIENTS,
NOT MORE CALORIES?

"You are what you eat, so don't be fast,
cheap, easy, or fake."

A HUNGER FOR MORE NUTRIENTS, NOT MORE CALORIES



No matter how much processed, refined sugar rich, nutrient void foods we eat, our bodies will keep asking us for more. Our bodies crave essential nutrients it needs to keep running efficiently.

Foods low in essential nutrients will keep you wanting more, no matter how many calories you already consumed.

When we give our bodies what it actually is asking for, complex carbs, high quality proteins and healthy fats, and we eat it mindfully, chewing well, it will signal our brains when it was enough.

Adding more of the good stuff in can also help when you find yourself overeating on processed carbs and sweets like cookies, ice cream, bread, chips etc.

Eat the essential foods first. A plate loaded with vegetables, beans, whole grains, greens, some healthy fats, high quality protein will fill you up and provide the nutrition your body is asking for.

Whole, unprocessed, plant based foods can be eaten freely, no counting of calories needed.
Sounds good right?!

Just keep adding more of these foods in and you will see your cravings and yearning to overeat will fade.

R E A S O N

#3

MAYBE
YOU ARE TRYING TO FEEL
SATIATED WITH THE
WRONG FOODS?

"When you start eating food without labels,
you no longer need to count calories."

A FULL STOMACH VS A FULL STOMACH

Different foods have different effects on the body, fullness and weight. Maybe you are trying to get that full, satiated feeling with the wrong foods?

Consuming calorie-dense processed foods rich in unhealthy fats, salt and sugars have a negative effect on our weight but also on our health.

They are calorie-dense which means a small portion has a high amount of calories relative to their weight. Our feeling of satiety is connected to the expansion of the stomach by the food we eat.

Besides the amount, the nutrients from the food also stimulate several hormones in the gut.

There is a communication between our brain and stomach, a complex network of satiety signals telling us we have had enough.

. Calorie-dense examples are oils, butter, sugar, bread, red meat, processed foods, fast food, cheese, nut butters, mayonnaise, etc.

If you are filling your stomach with these you are probably having more calories than you need.

For example a tbsp. of oil equals the calories in a banana. Which one will make you feel more satiated?

The opposite of calorie-dense foods are low calorie-density foods. Always go for the nutrient-dense options like vegetables, greens, fruit, lentils, beans, sweet potatoes, chia seeds etc.

The difference between the two is that you can actually fill your stomach while losing weight and feeling satiated.

It is so much harder to overeat on these because they are filling and deliver all the nutrients your body needs and craves.

Eating more nutrient-dense low calory-density food will crowd out the unhealthy ones that keep you asking for seconds and then some!

What will fill your stomach more?

one donut



or



a big salad,
sweet potato
& fruit

R E A S O N

#4

MAYBE
FOOD IS NOT
WHAT YOU NEED?

"Deal with the emotion, food won't solve
your problems."

IF FOOD IS NOT THE ANSWER

Physical hunger is not always the reason for cravings and overeating.

Ideally eating should not be attached to feelings, but to true hunger and need for nourishment.

There are many "life reasons" that want to make us want to turn to food.



Think of stress, life changes, boredom, loneliness, festivities, feeling confused or upset.

Our body is screaming for some extra serotonin and tryptophan for a much-needed, but temporary, feeling of calm and happiness.

When on a regular basis we are controlling our moods with food we are stepping into a dangerous territory.

Like many things, once in a while is nothing to worry about, but when it becomes a habit, an actual addiction it is time to step in.

Food and eating should never be the boss over you.

It should never become like an idol you turn to in times of distress.

Notice your feelings, the circumstances and keep a record of it in a journal. Journaling and prayer, asking for guidance, can be helpful.

Later revisit what you have written and look for reoccurring occasions.

Make a list of non-food related, fun activities that you enjoy to take your mind off eating and try to incorporate these into your day.

I was there too.

Feeling the stronghold of food on me.
Trying to white knuckle myself through the situation. Feeling like a failure.

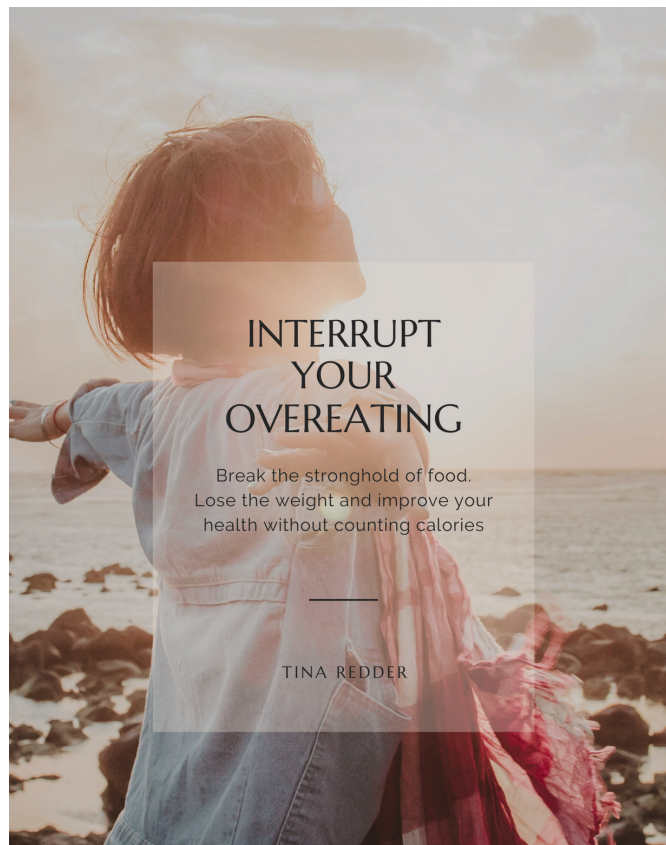
Motivation was not enough. it fluctuates up and down.

I needed a plan. Something that would help in the moment and also in the long run.

I also realized that I was given the power over my thoughts and have self-discipline,
I learned how to use it and now I can control my behavior and food choices.

You can also have the authority over what you eat, when you eat & how much you eat.

if you want break free from overeating like I did, click the link below!!



YES, I WANT TO BREAK FREE!