



# BINGE EATING DISORDER & OBESITY:

## THE MECHANICS OF THE MIND

*by Lisabeth Wisely-Casella*

**B**inge eating disorder (BED) is the most common type of eating disorder, affecting more individuals than anorexia and bulimia combined. It's found in both men and women almost equally (reporting in women is slightly higher), in children and adults, in every income level, geographic region, gender, sexual orientation, level of ability and disability and so on. BED does not discriminate, but it is often linked with experiences of trauma and considered a means of coping.

Like all eating disorders, BED is a mental health condition, and the good news is that there are several forms of treatment that support better health and wellbeing, including Dialectical Behavior Therapy (DBT), Cognitive Behavioral Theory (CBT), mindfulness and medication to name a few.

### HOW TO IDENTIFY BED

Unfortunately, many people with this disorder are either unaware they have an actual medical condition, or they are too ashamed to ask for help. Individuals who are ashamed may be suffering from the effects of weight bias compounded by the stigma of having an eating disorder. Under these circumstances, it's not hard to imagine that getting help can be a paralyzing prospect.

### THE MOST COMMONLY DISCUSSED SYMPTOMS OF BED INCLUDE:

- A frenzied or frantic feeling around food
- A loss of control over both the amount and speed with which food is consumed
- Using food as a source of coping

# Obesity And Eating Disorders

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