

Causes of Binge Eating and Compulsive Overeating



Generally, it takes a combination of things to develop binge eating disorder — including a person's genes, emotions, and experience.

Biological causes of binge eating disorder

Biological abnormalities can contribute to binge eating. For example, the hypothalamus (the part of the brain that controls appetite) may not be sending correct messages about hunger and fullness. Researchers have also found a genetic mutation that appears to cause food addiction. Finally, there is evidence that low levels of the brain chemical serotonin play a role in compulsive eating.

Social and cultural causes of binge eating disorder

Social pressure to be thin can add to the shame binge eaters feel and fuel their emotional eating. Some parents unwittingly set the stage for binge eating by using food to comfort, dismiss, or reward their children. Children who are exposed to frequent critical comments about their bodies and weight are also vulnerable, as are those who have been sexually abused in childhood.

Psychological causes of binge eating disorder

Depression and binge eating are strongly linked. Many binge eaters are either depressed or have been before; others may have trouble with impulse control and managing and expressing their feelings. Low self-esteem, loneliness, and body dissatisfaction may also contribute to binge eating.

Binge eating and your emotions

One of the most common reasons for binge eating is an attempt to manage unpleasant emotions such as stress, depression, loneliness, fear, and anxiety. When you have a bad day, it can seem like food is your only friend. Binge eating can temporarily make feelings such as stress, sadness, anxiety, depression, and boredom evaporate into thin air. But the relief is only very fleeting.

Source: [www. HelpGuide.org](http://www.HelpGuide.org)

Crossroads Programs for Women
offers hope and help for those who struggle with binge eating



Crossroads Programs
therapeutic and personal growth workshops
800-348-0937



www.crossroadsprogramsforwomen.com

Life is complicated and women face many complex issues and difficult situations throughout their lives. Our weekend and week long treatment programs are designed for real women with real lives and real responsibilities. Our workshops are intensely focused and action oriented to help you discover the "whys" behind the struggles and learn how to move beyond today with a new confidence to change your life!