

*How to Fight
Emotional Eating
Leading to
Tummy Fat*



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Do you suspect you are suffering from emotional eating?

If you have any thoughts that what you are experiencing right now is a symptom of this condition, you might want to check out and learn more about this eating condition.

First of all, what you have to do is to get acquainted with the idea or concept of [emotional eating](#). What exactly is this condition?

There are days when you might feel down and low because of situations happening around you. This might trigger you to consume more food than you usually eat. You would soon find yourself binge-eating to your heart's content to try to extinguish this negative feeling. Most of the time, you eat lots of your favorites to make yourself feel better.

The next question would be: Is this thing normal?

The answer is a big NO.



Normally, you eat when the body tells your brain that you are already hungry. This means that you need to replenish energy through food. It also indicates that you have already digested most of the food that you last took in. If you are an emotional eater, this is not what you consider when eating. It is when you experience a strong negative feeling or emotion that you ravage your favorite comfort food. This means that you consume food even if you are not physically hungry, and this is not normal. Furthermore, the problem with this is that you are not aware that you are actually succumbing to this practice.

What are the dangers of [emotional eating](#), or at some point, emotional overeating?

Health-wise, there are lots of risks that come with this condition. First of all, what emotional eaters consume are food types, which have high caloric, sugar, fat, and salt content. These substances trigger the release of feel-good hormones in the bodies. Nevertheless, when too much are taken in, health-related medical complications might develop. Too much sugar in your diet could lead to diabetes, which is a very serious medical condition. Excess in calories and fat could lead to obesity and other circulatory problems such as heart attack.



Moreover, looking at it in the short run, it could contribute to the development of tummy fat. Not being able to expend the calories that you take in would make you gain weight. All the food that you consume would not be burned at once. Instead, they would all pile up and be stored in your stomach cells primarily. Wouldn't that be ugly?

Surely, if you are suffering from this condition, you could notice this happening to you. For most emotional eaters, they know that what they are doing is not very pleasing for another person who might discover it. They could also observe themselves gaining weight but can not do anything about it because they can not fight their urge to eat.



Nevertheless, if you want to lose stomach fat, you have to stop emotional eating now. Observe yourself and take note of the times that you eat more than what you need. You have to realize that it's not the proper way to nutrition and it's not healthy eating.

From there, you could adjust your eating habits when you catch yourself binging over your negative emotions. You could also change your diet and menu plan so that you would enjoy eating healthy foods. The kinds of food that will help are those that are fresh and nutritious such as fruits and vegetables. However, you must limit your intake of sweets and carbohydrates because these contribute to tummy fat.

Now, if you really want to solve your [emotional eating](#) problem, you can start by yourself by controlling and training yourself to say no when you have the urge to eat again. This can be difficult for most. Good thing there are therapists available to help. You can go to them for guidance and advice in making a solution to this dilemma and to help you eat healthy again.