



EATING DISORDERS COUNSELLING AND SUPPORT SERVICE

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COMPULSIVE OVER-EATING

What is compulsive over-eating?

A person who is suffering from compulsive over-eating will nearly always be well above the normal body weight for age and height. Although outwardly to others s/he will be expressing her/his desire to lose weight, inwardly s/he will feel a sense of insecurity about doing so even though loathing her/his appearance. Unlike the bulimic sufferer, the compulsive eater is less likely to starve her/himself and tends to binge-eat continuously throughout the day without vomiting or purging the food out of her/his system with laxatives or diuretics. The sufferer will feel that s/he has a total loss of control around food and also tend to feel that s/he is feeding an emotional hole which seems never to be filled.

Does the sufferer ever feel hungry?

It is very rare that a sufferer will allow her/himself to ever reach the stage of feeling hungry, and if for some reason s/he was not able to get at food and then start to feel hungry, this could result in a major panic attack. Many sufferers say that they can not even taste the food when they are eating.

How can I tell the difference between a compulsive over-eater and someone who is just generally overweight?

Compulsive over-eating is a psychological disorder in which the sufferer uses food as an escapism from the real underlying problem(s). The behaviour of the sufferer compares quite differently to the person who is generally over-weight. Here is a list of just a few of the signs:-

1. Social isolation
2. Self-loathing
3. Panic attacks
4. Paranoid thinking
5. Feelings of insecurity
6. Obsessive worrying

For further information, contact the CARALINE help-line on 01582 457474

"CARALINE" CENTRE FOR EATING DISORDERS THERAPY & EDUCATION

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