



Binge-Eating Disorders and their Emotional Symptoms

Raymond Kingsley*

Department of Food, Nutrition & Dietetics, University of Barcelona, Barcelona, Spain

DESCRIPTION

People may have binge eating disorder if they binge eat on a regular basis at least once per week for three months. They might be quite irritated by our binge eating if they suffer from a binge eating disorder. Additionally, they could try to conceal their issue out of embarrassment. Even our closest friends and relatives might not be aware of our binge eating. However, for some individuals, excessive overeating that spirals out of control and starts to happen frequently crosses the threshold into binge-eating disorder. But people find it impossible to control their cravings and continue binge eating because they feel such a compulsion. Treatment can be beneficial if they have a binge eating disorder.

The following are behavioural and emotional indicators of binge-eating disorder:

- Eating a disproportionately high amount of food in a short period of time, like over a two-hour period
- Having the impression that their eating habits are out of control
- Eating food when a person is already full or not hungry
- Eating quickly when having a binge
- Eating till they are too stuffed to continue
- Frequently eating by themselves or in private Feeling down about their food or disgusted about it
- Dieting frequently, potentially without any weight loss

Diet plans or regular meals may be tried by people. But limiting their diet can just encourage more binge eating. Food can be used by individuals as a consolation or reward. Binge eating may result from skipping meals and other severe diets. Type 2 diabetes, high blood pressure, and heart disease are just a few examples of additional health issues that people can develop as a result of gaining weight or unhealthy eating.

The diseases that frequently arise from obesity are the main side effects of binge eating disorder these consist of:

- Malnutrition
- Depression
- High blood pressure and diabetes
- High triglycerides
- A gallbladder condition
- Heart condition
- Breathing difficulties Specific cancers
- Premenopausal issues
- Fatigue and reduced mobility (inability to move around)
- Issues with sleep

By preventing binge eating episodes, it is the first medication FDA-approved to treat moderate to severe binge eating. A specialist, such as a psychologist or psychiatrist, is also necessary for the patient. It can help them think more clearly about food and comprehend the reasons why we binge. In order for treatment to be effective, family support is essential. It is crucial that they comprehend eating disorders and can identify their symptoms. Furthermore, it may be possible to stop the onset or exacerbation of eating disorders by promoting realistic attitudes toward food and body image as well as appropriate eating behaviors.

The stress of having diabetes, which necessitates continual attention to food and weight control, could be to blame. Binge eating disorders, which raise the risk of both excessive weight gain and metabolic abnormalities, can cause type 2 diabetes in some patients. Additionally, binge eating disorders can make it more difficult for diabetics to manage their blood glucose, also referred to as blood sugar. Binge eaters may also struggle with mental health issues like suicide thoughts, despair, or anxiety. Some persons who suffer from binge eating disorder also experience sleep issues, intestinal issues, or joint and muscular pain.

Correspondence to: Raymond Kingsley, Department of food, nutrition & dietetics, University of Barcelona, Barcelona, Spain, Email: raymondkingsley@gmail.com

Received: 03-Oct-2022, Manuscript No. JNWL-22-19228; **Editor assigned:** 06-Oct-2022, PreQC No. JNWL-22-19228 (PQ); **Reviewed:** 21-Oct-2022, QC No. JNWL-22-19228; **Revised:** 28-Oct-2022, Manuscript No. JNWL-22-19228 (R); **Published:** 04-Nov-2022, DOI: 10.35248/2593-9793.22.7.150

Citation: Kingsley R (2022) Binge-Eating Disorders and their Emotional Symptoms. J Nutr Weight Loss. 7:150

Copyright: © 2022 Kingsley R. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

More than half of those who suffer from binge eating disorder claim it interferes with their daily lives and causes them difficulty with social interaction. Exercise, massage therapy, yoga, and meditation can all promote relaxation. Some self-help techniques, like journaling and meditation, might assist in recognizing and tolerating challenging emotions that may trigger binge eating. They might need to cut back on particular food categories or reduce weight if they have type 2 diabetes or high cholesterol. The patient needs medical guidance on how to shed extra pounds without causing binge eating.

BED can also manifest itself in:

Secret behavior: When they are alone themselves, they overeat. It can be late at night or even in a fast food restaurant's parking lot. They may "get rid of the evidence" and cover up food packaging or wrappers.

Food hoarding: Some people keep packs of cookies or chips stashed away in their closets or under their beds.

Lack of control: Individuals are powerless to decide when or how much to consume. After a binge, they feel uncomfortable full.

Unusual eating habits: People may consume small amounts of food throughout the day without regular mealtimes. Or they skip meals altogether or eat only a little portion of them.

Food customs: Some people over-chew, while others avoid letting dishes touch on a plate. Some of them might only consume particular foods, such as yoghurt.

No purging: People don't make themselves throw up, over-exercise, or take laxatives to get rid of surplus calories.