



Binge Eating Disorder: How to Stop Binge Eating

Samons Brittany

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At one point in an individual's life, he or she may have experienced overeating especially if they are hungry or if there is an occasion and that can be deemed as a normal occurrence especially if it doesn't happen all the time. But that is not the case when an individual experiences Binge Eating Disorder or BED. Binge Eating Disorder is an abnormal condition wherein an individual overeats and can't help him or herself not to consume large amounts of food. This is considered as an eating disorder as it is no longer the normal way that a person should eat. In other words, Binge Eating has already passed the limits of overeating.

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