

There are times in our life that we all eat our feelings in some way or another. With that said an abundance of stressful emotions can stand in the way of our belief system and food choices. These emotions may include anger, depression, anxiety, abandonment and just plain boredom.

Toxic emotions and cravings work as a team to lower our decision making abilities. Cravings are our body's way of telling us that something is missing or out of balance. Trying to rethink why we are stress-eating is only half the battle. We need to find healthy ways to release stress and find out what the body is asking for.

Recent research on the Eccentric Nervous System has revealed many groundbreaking truths. For one, it has demonstrated that there may actually be a scientific link between food and feelings.

Why Change?

Stress-eating causes unwanted weight gain besides self-loathing. The reason being, digestion is interrupted when stressed. The body does not understand what it's suppose to be digesting when we are eating in a stressed state. Because of this we can overeat and stress out our entire nervous system, increasing fat and weight gain.

It's human nature to want to move away from pain and into the pleasure mode. When stressed, many find certain foods give them pleasure. These foods are not always the healthiest of choices. Toxic foods keep us from breaking the cycle of stress-eating by increasing additional stress within the body. This is because toxic foods cause toxic moods. Inflammation takes hold and keeps the body craving for more.

Just because you can't stop thinking about diet colas 3 times a day, doesn't necessarily mean that your body needs it.

Foods with addictive reactions include alcohol, wheat, caffeine, sugar, diet sodas and foods that contain excitotoxins. Excitotoxins include MSG and Aspartame. Besides interrupting digestion and being endocrine disruptors, caffeine, sugar, excitotoxins and alcohol can deplete our magnesium levels which can prevent the body from making serotonin. Serotonin keeps us happy, not caffeine and sugar. Serotonin rich foods include organic walnuts, kiwis, pineapples and tomatoes.

Awareness...Take a Path to Your Own Healing

Adjust mood swings and stress eating with awareness.

Sugary foods and drinks have been noted to add to depressive states and cause mood swings. Sugar and alcohol also lowers our vitamin B12 levels. Vitamin B12 is important for a healthy brain and body. When we continue to stress eat we can deplete many more necessary vitamins and nutrients within the body. Be kind to yourself.

Gluten sensitivity can keep us in a depressive state just like sugar, including fatigue and musculoskeletal pains.(1) Avoid gluten for 30 days to start with- in order to see if you notice decreased inflammation in you mind and body.

Taking Advil® doesn't address the cause of your pain and inflammation. Avoid becoming dependent on OTC's.

Heavy Metals can harm. A mouthful of Amalgam fillings are linked to stress and depression.(2) Avoid a toxic mouth.

All Life is Movement. Move through your cravings and your stress. Like other forms of exercise, walking can improve cravings, weight loss, inflammation and mental stress.

What is your primary food? Instead of reaching for food we may just need a hug. Stress-eating begins in the mind first. When we understand the body and mind connection we can understand how to heal from stress eating. Like any other training we do for our body (football or soccer) to stay physically fit, we also have to include the mind. And for us to stay physically fit in all arenas, we need to practice often. Get the support you need from a certified health coach.

When we know what leads to depressive/stressful eating cycles, we can begin to heal. When we find healthy ways to release stress, we can thrive. When we truly listen to our body's cues we no longer think about immediate gratification, we think what our body needs to keep it running healthy all day long.

Breaking the cycle of stress-eating requires a plan to be nourished and balanced with our food choices and emotions.

Remember education is a beginning in order to plan an effective action on what Path you will take for your wellness!

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footnotes:

1) <https://sites.google.com/site/jccglutenfree/> see also [357-1238-3-PB](#)

2) <http://www.ncbi.nlm.nih.gov/pubmed/8153237>