**BED IS A BONAFIDE EATING DISORDER**

- You eat more food than normal over 30 minutes to 2 hours.
- You do so more than once a week (often several times).
- You eat till you’re uncomfortably full.

**BED DISRUPTS YOUR LIFE.**

- You feel like you’ve lost control.
- You feel guilty.
- You become a “closet eater” to hide your bingeing.
- You increase your risk of obesity (and for diabetes, hypertension, cancers, depression and early death).

**ARE YOU AT RISK?**

- Some of us binge on food at Thanksgiving and eat too much cake on our birthdays.
- But where does bingeing end and binge eating disorder (BED) begin?

**BINGE EATING**

Here are 4 things you should know.

1. **BED IS COMMON BUT WIDELY MISUNDERstood**
   - It's different from bulimia and obesity.
   - Bulimia is bingeing and purging. With BED, there is no vomiting or using laxatives after you eat.
   - Obese people who overeat without feeling guilty or out of control don't have BED. And you don't have to be obese to have BED.

2. **IT'S NOT ABOUT WILLPOWER.**
   - Many people with BED think they simply have no willpower. They aren’t aware that they have an eating disorder.

3. **BED CAN DEVELOP AT DIFFERENT TIMES OF LIFE**
   - It can start when you're young.
   - Depression and BED are closely linked.
   - It can start when you're older.
   - You may binge occasionally with no major stress in your life. Then binge eating becomes a major coping strategy.

4. **BED IS VERY TREATABLE**
   - When you're ready, mental health experts on eating disorders can help you find relief.
   - There’s no shame in having an eating disorder.
   - There are 4 to 12 cognitive behavioral therapy sessions that can provide relief for many. Group support or working with a registered dietitian can also be helpful.

**TREATMENT BREAKS THE VICIOUS CYCLE**

- There's no shame in having an eating disorder.
- There are 4 to 12 cognitive behavioral therapy sessions that can provide relief for many. Group support or working with a registered dietitian can also be helpful.

**EASY TOOLS WILL HELP YOU GET HEALTHY.**

- Keep a food diary.
- Plan and eat regular meals.
- Develop different ways to think about body image.
- Find different ways to think about and deal with trigger foods.

**RECOGNIZE BED FOR WHAT IT IS. THEN GET HELP.**

- 4 to 12 cognitive behavioral therapy sessions can provide relief for many. Group support or working with a registered dietitian can also be helpful.
- 4 to 12 cognitive behavioral therapy sessions can provide relief for many. Group support or working with a registered dietitian can also be helpful.