



Weight & Nutrition: Food Freedom & Emotional Eating

Food freedom means making choices without guilt while maintaining health. Emotional eating often fills non-physical needs. Understanding triggers restores control. Awareness replaces restriction.

Emotional eating is driven by stress hormones and dopamine-seeking behavior. Restriction often worsens binge cycles.

Lab trends may show insulin and triglyceride fluctuations during repeated emotional eating patterns.

Building awareness and alternative coping strategies reduces reliance on food for comfort.

01 Is This Your Story?

A patient eats well during the day but overeats at night due to stress. When emotional triggers are identified and replaced with non-food coping strategies, overeating decreases. Weight stabilizes and confidence improves.

02 Try This Today

Measure: Identify when and why emotional eating occurs.

Do: Practice one non-food stress outlet today.

Reflect: Ask whether food is meeting emotional or physical needs.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

