

## **BUT I NEED COMFORT FOOD**

### **How to Beat Emotional Eating**

Excerpt from Lose the Lies, Lose the Weight  
The Ultimate Guide to Permanent Weight Loss by Laurie Bell,  
<http://www.losethelieslosetheweight.com>

Will eating a donut solve your marital problems? Will a dish of ice cream make your boss less demanding? Will eating cake increase your bank account so you can pay your bills? Food cannot solve relationship, employment, or monetary problems. Solving problems requires good planning plus action. Overeating makes you fatter—hence more miserable—plus you still have the same problems.

Stop the emotional eating excuse. Life is hard for everyone. Successful people blast through problems. They don't eat them. Not everyone buys a gallon of ice cream to cope! Turn failure into success by developing a plan and taking action.

I've been through horrific trials in my life without turning to food. An example: When I was 26 years old, my parents were driving on a two-lane highway; I was following them. A car crossed into their lane, hitting my parents head-on. The impact was brutal. Looking in their demolished vehicle was the hardest thing I've done in my life. Mom was alive, but severely injured. Dad, the tough old farmer (bruised and bleeding) limped away from the wreck.

The accident never would have happened except my parents lovingly offered to help me move across the country. You can imagine my emotional distress knowing my parents almost died helping me. Dealing with the wreck and Mom's partial recovery was brutal yet I never turned to food.

You don't have to turn to food after a hard day at work. It is not likely your day is worse than watching loved ones have a head-on collision. The next time you want comfort food, remember the wreck. I got through this trial without turning to food. You can get through your trials too.

Believing you're an "emotional eater" who needs "comfort food" makes you feel better about indulging. However, you can't eat your problems just as you can't drown them with alcohol. Poor nutrition only makes you feel worse. Only good nutrition can make you feel better.

Instead of using food to cope with a problem, solve the problem. If your boss treats you poorly, get a new job. If "certain" relatives are judgmental and critical, distance yourself. (Thailand has reasonable rent.) If you're frustrated with your weight, join a health club. Taking action solves problems whereas food does not.

To learn additional strategies for beating emotional eating once and for all, read Chapter 10 in Lose the Lies Lose the Weight, <http://www.losethelieslosetheweight.com>.

### **About the Author**

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of Lose the Lies, Lose the Weight, a comprehensive resource covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read Lose the Lies Lose the Weight by Laurie Bell. No hype. No fad diets. No excuses.

To order Lose the Lies Lose the Weight, visit <http://www.losethelieslosetheweight.com> or phone Back to the Basics Publishing at (800) 750-8820 and order by VISA or MasterCard.

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