

The Healing Secrets of Food Revealed

EPISODE #3

TITLE: What's Your Overeating Style? Discover the Root Reasons You Overeat.

*In this groundbreaking episode, you'll discover your personal **Overeating Styles**—the underlying reasons so many of us overeat and gain weight. Without a doubt, the more you follow each overeating style, the more likely you are to overeat and gain weight. Here are the Overeating Styles. Do you see yourself in any of them?*

TRANSCRIPT

Hello! Welcome to The Healing Secrets of Food Revealed. TODAY'S TOPIC: Discover the reasons you overeat and gain weight. And what to do about it.

I'm Deborah Kesten—nutrition researcher and host of The Healing Secrets of Food Revealed, and I'm on a mission: To give you the science-backed, weight-loss wisdom you need to eat less and weigh less. Without dieting.

In each episode, I'll translate cutting-edge weight-loss research into actions you can take that can make a real difference in your weight and well-being.

LET'S GET STARTED!

SCRIPT

Last week, in episode number 2, I revealed seven healing secrets of food that lead to eating less and weighing less. Without dieting. A brief recap. The 7 eat less-weigh less guidelines I told you about are based on my science-backed Whole Person integrative Eating program. They are: (1) Get Fresh (eat fresh, whole food) (2) (with) Positive Emotions (3) Mindfulness Eating (4) Heartfelt Gratitude (5) Loving Regard and (6) With Others (7) in a Pleasant Atmosphere.

If you take a close look at these seven Integrative Eating guidelines—which, I repeat, are linked to eating less and weighing less—it's clear they're the opposite of what and how many of us eat today. For instance, instead of fresh, whole food, don't most of us choose fast food and processed food? And instead of enjoying the pleasure of food and eating, don't we often eat while stressed, alone, and while we're multitasking and not focusing on or appreciating food and its flavors?

The Overeating Styles: The Root Reasons You Overeat

This may surprise you: The typical food choices and eating behaviors I just described—that are normal for most of us—are another major healing secret of food I'm telling you about today. As a matter of fact, you may find today's healing secret even more powerful than the 7 pillars of Integrative Eating I told you about in episode 2, which lead to eating less and weighing less.

This is because today's healing secret is another groundbreaking discovery that behavioral scientist, Larry Scherwitz, PhD, and I made. And it's this: *We identified 7 styles of eating—we call them 'overeating styles'—that are **the root reasons you overeat and gain weight.***

I'm going to repeat this: Larry and I have identified 7 overeating styles that describe the underlying reasons you overeat and gain weight.

This discovery matters to you, a lot, because it suggests that you can halt, even reverse, overeating and weight gain by replacing each of our newly discovered, new-normal overeating styles—meaning, the reasons you overeat—with their antidotes: the 7 pillars of our Whole Person Integrative Eating program that I told you about in episode number 2.

I must tell you...Larry and I were astounded—and excited—by the seven overeating styles we discovered that increase odds you'll overeat and gain weight. And then our findings got even more interesting: *Throughout my 6-week, 18-lesson,*

online e-course on *Integrative Eating*—that I did with more than 5,200 people—we realized that those who replaced their overeating styles with the 7 pillars of *Whole Person Integrative Eating*—were the ones who ate less and lost the most weight. Without dieting.

The Overeating Styles: An Interconnected Web

Here's more perspective for you: When Larry and I took a closer look, we realized that, together, all 7 overeating styles reveal a pattern. Like members of a family, each is independent, but they also work together as a team, with each one having the power to influence the others.

Here's the simple and straightforward bottom line: The more you practice today's new-normal overeating styles, the more likely you are to overeat and be overweight or obese. Bottom line #2: Replace each overeating style with the 7 pillars of *Whole Person Integrative Eating*, and you'll likely eat less and weigh less. Without dieting.

As a matter of fact, because our research was both solid and groundbreaking, when it was published in the peer-reviewed medical journal *Explore: The Journal of Science and Healing*, the editor-in-chief, David Riley, MD, wrote in his editorial: "These results provide a fresh perspective on our epidemic of overeating, overweight, and obesity . . . that . . . could signal a paradigm shift in the field of nutrition."

And what is that shift? Dr. Riley is saying that our research on *Whole Person Integrative Eating* offers a new view of nutritional science that's kinda like a sweeping beam of light. Not only do our discoveries give all of us new insights into why we overeat—but they also provide clear guidelines to replace each overeating style, with a way of eating that ups the odds of eating less and weighing less.

In other words, in this episode—and all other episodes of *The Healing Secrets of Food Revealed*—I'm telling you about a new recipe—with new ingredients—for weight loss success that are based on 21st century scientific discoveries. And we really, really need this. Why? Simply put...because what most of us have learned in the 20th century to lose weight and keep it off, during the last century—and that continues today—isn't working.

What DOESN'T Work for Weight Loss: Meet 'Chemical Cuisine'

Consider this: As I talk with you today, 52% of Americans report following a traditional diet or, some kind of a specific eating pattern, in the past year. And this 52% of dieters is a "steep uptick" from just a year ago, when 39% reported they were on a diet. That is a 13% increase—in just one year—of the amount of Americans on a diet.

At the same time, experts say that somewhere between 80% to 95% of dieters gain back the weight they've worked so hard to lose. Clearly, traditional, restrictive dieting doesn't work for most of us.

This is evident in these stats: Today, it's estimated that a little more than 42% of American adults are obese, while almost 31% (30.7%) are overweight. This means that almost 73% of adults in the U.S.—three-quarters of us—are overweight or obese.

To give you still more perspective, according surveys by the National Institutes of Health, U.S. obesity rates have tripled over the last 60 years; since the early 1960s. Severe obesity, also known as morbid obesity, has risen tenfold.

Clearly, for all of you listening today who are struggling with weight, you are not alone.

Here's another way in which you're not alone. Most researchers say that today's surging overweight and obesity pandemic—here's another statistic for you—is because almost 93% (92.7%) of children in the U.S., and 86% of U.S. adults, typically eat some junk food every day.

I'm sure many of you have heard that this means most Americans are eating lots of ultra-processed, high-calorie foods—actually, I call these 'food products'—that are filled with health-harming excess salt; artery-clogging saturated fat; refined, processed grains (think white flour); high levels of added sugar; and lots of chemicals—which I call "chemical cuisine." (Dietary Guidelines for Americans)

On the other side, what we're *not* eating are the foods that lead to health, healing and weight loss: fresh veggies, fruits, whole grains, and legumes, meaning beans and peas; and also lean, unprocessed, fresh fish, poultry, meat, and dairy.

It's Not Just WHAT You Eat, It's Also HOW You Eat

What's new in what I'm telling you about in today's podcast is this:

Larry's and my research on Whole Person Integrative Eating tells us it's not just *what* we eat that's making us fat, *how* we eat—meaning your eating behaviors—are also a powerful part of the overeat-overweight picture.

And it is your typical food choices and eating behaviors that make up the 7 overeating styles I'm telling you about now.

Meet the Members:

The “Overeating Styles” Family

Here are the seven members of the overeating style 'family' we discovered. To get the most out of the brief overview I'm giving you today—as I tell you about each overeating style—ask yourself: Do you see yourself in any of them?

Overeating Style #1. Emotional Eating

Most of us are familiar with the phrase “emotional eating,” turning to comfort food to soothe negative feelings (such as depression, anxiety, or loneliness) but also to enhance joyous, celebratory emotions (in response, let's say, to a wedding, birthday, or promotion). If you often eat to manage your feelings and to self-soothe—in other words, for reasons other than hunger—it's likely you're an emotional eater.

Although all seven overeating styles are key predictors that a person will overeat, the Emotional Eating overeating style is number one, meaning, it's the strongest predictor of overeating. In other words, negative emotions are the strongest indicators you'll turn to food to self-soothe and in turn overeat.

Some health professionals describe this overeating style as “stress eating,” “compulsive overeating,” “food addiction,” or “self-medicating.” No matter what it's called, many of us turn to food to relieve emotional tension because it works. For instance, did you know that carbohydrate-dense foods (such as high-sugar, high-carb cookies and cake) release a naturally occurring chemical messenger—a neurotransmitter called serotonin? And that serotonin can calm and relax you? In this way, high-carb foods can soothe negative, unwelcomed emotions that may be making you uncomfortable.

It may not come as a surprise that our research pinpointed Emotional Eating as the strongest predictor of overeating—and, therefore, the key contributor to weight gain. What's also of special interest is that Larry and I have identified the specific emotions—the family of emotions—that are strongly linked with the likelihood you'll have an Emotional Eating experience.

I'll be telling you more about this in future episodes of The Healing Secrets of Food Revealed podcast, and I'll also give you scientifically sound strategies that can help you overcome Emotional Eating; indeed, overcome all the overeating styles. But for now, ask yourself: Are you an Emotional Eater?

Overeating Style #2. Food Fretting

Good food, bad food. Legal food, illegal food. Sinful food, pure food. The food fretting overeating style is about being overly concerned about and focused on food, projecting moral judgment about what you or anyone else *should* or *shouldn't* eat, traditional dieting, thinking obsessively about the “right” way to eat, and basing your self-worth—and that of others—on what or how much is eaten. If you're often filled with such obsessive thoughts about food, you practice the Food Fretting overeating style.

Another key underlying element of this weight-inducing overeating style is going on a traditional diet, then berating yourself if you go off the diet. Still, keep in mind that diets in and of themselves are not necessarily “bad.” They can be a prescribed way of eating that is neutral, necessary, and helpful for many. It's the attitude behind the diet that makes it either helpful or, conversely, a Food Fretting overeating style.

Here are some examples of Food Fretting “think.” As you hear them, keep in mind that not all people who count calories or judge food are food fretters. The tipping point into Food Fretting is obsessing about the “best” way to eat and obsessing about caloric intake and weight.

Here we go. Do you see yourself in any of the following examples of Food Fretting?

#1. “I was good today,” you may think when you’ve managed to avoid unhealthful foods, stick to your diet, and eat what you think you should.

#2. “When my food cravings become powerful and I eat foods that are bad, I feel so guilty” is typical self-think for many food fretters.

#3. “She should resist that sinful chocolate cake. Doesn’t she have any willpower?” you might think as you watch someone eat what she “shouldn’t.”

Overcoming the Food Fretting overeating style begins, first, with recognizing judgmental, fret-filled chatter about food and eating. Being honest with yourself about this can be challenging, since judging food you eat and feeling anxious about food have become common in our culture.

In upcoming episodes, I’ll give you specific strategies for turning this fret-filled overeating style into a pleasurable, nonjudgmental way of eating that doesn’t need to result in weight gain. But for now, ask yourself: Are you a Food Fretter?

Overeating Style #3. Fast Foodism

Here’s what the Fast Foodism overeating style might look like: A donut or sugary cereal for breakfast; a McDonald’s double burger with fries for lunch; and a supersized pizza, perhaps placed casually on the dining table in its cardboard box, for dinner. Add several soft drinks throughout the day, chips and snacks, and you have a profile of the fast-food cuisine that’s typical for many Americans.

Not surprisingly, this way of eating is strongly linked with overeating, overweight, and obesity— and it threatens more than your waistline. It also increases odds of other diet-linked, body-mind ailments—from heart disease and diabetes to depression, anxiety, and more.

Throughout *The Healing Secrets of Food Revealed*, I’ll tell you lots more about the link between fast food and ultra-processed food and weight gain and how they keep you from achieving your health goals. And I’ll also demystify the most beneficial way for you to eat, with lots of science-backed optimal-eating tips, tools, and strategies—all designed to help you achieve a healthy relationship to food, weight, and well-being. But for now, ask yourself: Is Fast Foodism your most-of-the-time way of eating?

Overeating Style #4. Task Snacking

Some call it “multitasking,” the French call it “vagabond eating,” and many in America think it’s normal. However it’s perceived, if you often eat while doing other things—such as working by yourself in front of your computer, driving, watching TV, standing at the kitchen counter, shopping, or talking on the phone—it’s likely that the Task Snacking overeating style is increasing your likelihood of overeating.

Throughout episodes of *The Healing Secrets of Food Revealed*, you’ll discover the specific behaviors linked to Task Snacking that can contribute to weight gain. And I’ll also show you how to overcome this overeating style with the Integrative Eating behavior of *mindfulness eating*. In other words, I’ll give you easy actions that you can take that lead to paying attention to what you’re eating, and in turn to reducing your overeating—and weight. But for now, ask yourself: Are you a Task Snacker?

Overeating Style #5. Sensory Disregard

The Sensory Disregard overeating style may be the most overlooked aspect of overeating and ensuing weight gain. We also know that even if this overeating style is unfamiliar territory for you, it’s likely a major contributor to overeating.

How often do you focus on the aromas, colors, or flavors of food? Do you eat with your senses by appreciating the presentation? “Tasting” the textures? Or being grateful for the life-giving gift inherent in food? In our research on the overeating eating styles, Larry and I found that those who ate the most actually enjoyed their food the least. And this matters to overeating and weight gain, because if you’re not enjoying your food—indeed, savoring it—you’re likely to keep eating until you finally do feel a sense of satisfaction.

What Larry and I found especially interesting—actually, we were amazed—about Sensory Disregard is that *of all the overeating styles we identified, sensory and spiritual disregard of food and eating is associated with the largest number of food-related behaviors linked with overeating.*

The problem is that many of us don't even know what it means to relate to food in a sensory way, let alone have a clue about how to integrate, and practice, a way of eating that “nourishes your senses,” so that you'll eat less and weigh less.

Throughout episodes of *The Healing Secrets of Food Revealed*, I'll give you insights into the “health price” you pay if you typically eat meals without flavoring them with sensory and spiritual regard. And you'll discover how to turn this overeating style into palate-pleasing adventure that brings weight-loss rewards. But for now, ask yourself: Is Sensory Disregard typical for you?

Overeating Style #6. Unappetizing Atmosphere

You may find it surprising to learn that both the *emotional* and the *physical* atmospheres in which you eat can make a difference in whether you overeat. But it does. I know this, because Larry and I discovered that the psychological atmosphere and physical dining aesthetics when you eat can either contribute to satiety or lead to overeating.

The *psychological* element refers to both the emotions you experience within yourself, and that surround you from others, when you eat—feelings such as joy and happiness or conversely, anger, fear, depression, and so on. The *physical* atmosphere includes the aesthetics of your surroundings when you eat—at home, at work, in restaurants, in your car; even at the homes of family and friends.

To turn around the Unappetizing Atmosphere overeating style, think Amiable Ambiance—both physically and emotionally when you eat. In future episodes, I'll explain how your surroundings influence eating, the metabolism of food, and ultimately, your weight. And I'll tell you personal success stories, such as the story of a formally overweight coaching client of mine who chose Appetizing Atmosphere as the first overeating style she wanted to change. But for now, ask yourself: Do you typically eat in an Unappetizing Atmosphere?

Overeating Style #7. Solo Dining

Eating by yourself, more often than not, describes the Solo Dining overeating style. In other words, whether you typically eat with others in a pleasant atmosphere, or alone, matters to your weight and well-being. I know this because a growing number of studies—in the States and internationally—link the new-normal Solo Dining overeating style with overeating and being overweight; even obese. On the other side, more and more studies reveal how dining with others can be a balm for body, heart, and soul.

In future episodes, you'll learn about the amazing healing possibilities that *social dining* can bring. And I'll tell you about groundbreaking research and practical skills you need to create enjoyable dining experiences with others.

The bottom line of the Solo Dining overeating style? As your eating shifts from a “me” mentality to a “we” awareness—and, as you—more and more—share the dining experience with others—you'll be taking yet another step toward overcoming overeating. But for now, ask yourself: Is Solo Dining typical for you?

The Takeaway: A Return to Your ‘Food Roots’

The new normal overeating styles I just told you about may seem subtle on the surface, but be assured: They're all-encompassing in that not only does each one influence overeating and in turn weight, they differ drastically from what and how we ate for millennia.

I know this, because when I studied the sources humankind turned to for centuries, for guidelines about what and how to eat—I learned that world religions, cultural traditions (such as yogic nutrition, called *anna yoga*), and Eastern healing systems (such as India's Ayurvedic Medicine)—encouraged fresh, whole food; enjoying food with others; eating with mindfulness gratitude, and loving regard; and eating in a pleasing atmosphere, while taking time to savor flavors in food.

For instance, I learned from a lecture by a doctor of Tibetan Medicine, that, for thousands of years—what I call ‘the original nutrition’—included turning to the ‘six flavors’ in food to ensure complete nourishment: sweet, sour, salty, spicy, bitter, and astringent.

As a contrast, since the evolution of nutritional science in the 20th century—just a little more than 100 years ago—we’ve learned to relate to food with what I call ‘eating-by-number’: counting calories, counting carbs, watching our weight, figuring fat grams. Even with all this attention to details, 75% of Americans are overweight or obese. And other diet-linked ailments continue to soar.

Given my research on ancient food wisdom, I’ve come to realize this simple fact about why so many of us struggle with weight: the more we veer away from food—real food; and we eat based on the new-normal overeating styles, the more we’re likely to overeat and be overweight.

I realize that what I’m saying may seem overwhelming. But it’s not. Why? Let me give you an example: I’m sure most of you have heard that today’s Mediterranean diet—which has been around for thousands of years—is today’s gold standard for the best way to eat for weight loss, health and healing. I’m bringing this up because recent research by the Mayo Clinic tells us that it is the Mediterranean LIFESYTLE that brings the best health results. And what is the Mediterranean LIFESYTLE? Eating fresh, whole food, filled with positive emotions, in a pleasing atmosphere, and enjoying food and its flavors with others.

In other words, both the Mediterranean diet *and* LIFESYTLE is the opposite of today’s new-normal overeating styles. And it is the opposite of the science-backed ‘ingredients’ of the ancient/new Whole Person Integrative Eating *dietary lifestyle* Larry and I discovered, that leads to weight loss and well-being.

IN-ACTION Ideas to Try

A tip, step, or reflection that can contribute to your success.

So you can reap the rewards of what you discover on each episode of The Healing Secrets of Food Revealed, I close each episode with an ‘**In-Action**’ **Idea** for you to try. This may be a **Quick-Tip** about how to implement the healing secret we just discussed; or a **Practical Step** you can take, such as ordering a size-down of your favorite coffee concoction. Or perhaps I’ll suggest a **Self-Insight Exercise**, an internal-reflection that can lead you closer to achieving your food-related health goals.

I’ll offer an In-Action Exercise at the end each episode that can contribute to your transformation from today’s, ‘new-normal’ way of eating—which leads to overeating and overweight—to Whole Person Integrative Eating—which I describe as your scientifically sound, personal guide to eating less and weighing less. Without dieting.

Today’s In-Action Exercise is a **Practical Step** that may lead to overcoming the overeating styles.

Consider keeping a Healing Secrets of Food Revealed journal to write your experience with each In-Action Exercise.

Your In-Action Exercise

Here’s today’s In-Action, Practical Step.

PRACTICAL STEP. Review the seven overeating styles by visiting HealingSecretsPodcast.com. You can review the overeating styles by (1) **listening** again to today’s podcast (2) reading the **transcript** of today’s podcast (3) or reading an **article** about the overeating styles.

After becoming more familiar with each overeating style:

- (1) Decide which overeating style—or styles—are typical for you.
- (2) Then decide which one (or if) you want to start changing.
- (3) Now—in your Healing Secrets of Food Revealed journal—write down your thoughts and feelings about making changes in your food choices and eating behaviors.

TAKE THE “WHAT’S YOUR OVEREATING STYLE? SELF-ASSESSMENT QUIZ”

For those of you who want to dive deeper into your overeating styles, you can take the complete, 74-item “What’s Your Overeating Style? Self-Assessment Quiz” in Larry’s and my award-winning book, *Whole Person Integrative Eating*, available on Amazon. The quiz will enable you to identify your own personal overeating styles—and specific food choices and eating behaviors—you may want to pay attention to.

Here’s the link: <https://www.amazon.com/Whole-Person-Integrative-Eating-Breakthrough/dp/1887043543>

Thank you...

I want to thank you for joining me today on The Healing Secrets of Food Revealed. With each show, I'm looking forward to sharing step-by-step, science-backed insights you need to nourish 'all of you' – body, mind, soul, and social well-being – each time you eat. So you can thrive.

If you would like a summary of today's In-Action Exercise, please visit HealingSecretsPodcast.com. Then look for the yellow light bulb next to the "In-Action" CTA. At HealingSecretsPodcast.com, you can also listen to this episode again, read the transcript, and consider joining The Healing Secrets Podcast Community—where I'm looking forward to meeting you.

I'm Deborah Kesten, host of The Healing Secrets of Food Revealed.

Until next week, BE NOURISHED.

Disclaimer: This transcript is for informational purposes only. This transcript is not intended to be a substitute for professional health or weight loss advice, diagnosis, or treatment. Always seek the advice of your health professional or another qualified health provider with any questions you may have regarding your condition or well-being.