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FOR IMMEDIATE RELEASE

## **Most Common Eating Disorder is Misunderstood and Undertreated**

### ***Binge Eating Affects Millions but Is Often Undiagnosed***

**Phoenix, Ariz. (Feb. 06, 2023)** – Michelle May, M.D., the founder of the Am I Hungry? Mindful Eating Programs and Training, and eating disorder therapist Kari Anderson, DBH, LPC, CEDS are offering a Mindful Eating for Emotional Eating and Binge Eating Retreat in Scottsdale, Arizona March 11-14, 2023. This four-day retreat will start people who struggle with binge eating on their road to recovery.

Binge eating is defined as eating a large amount of food in a short period of time and feeling out of control about what or how much one is eating. People who binge eat regularly—at least once a week for three months—may have binge eating disorder, also called BED.

Binge eating disorder is the most common eating disorder. About 1.25% of adult women and 0.42% of adult men have binge eating disorder.<sup>1</sup> Many more have episodes of binge eating or loss-of-control eating.

Dr. May addresses some of the common misunderstandings about binge eating. “Individuals with BED are typically competent and accomplished in other areas of their life yet feel unable to stop this secret behavior. People of all sizes may suffer from binge eating and they often yo-yo diet as part of the cycle.”

Dr. Anderson adds, “A person with BED may eat ‘normally’ with others, stop on the way home to buy favorite binge foods, then binge and hide evidence of the episode. The aftermath of a binge episode is extreme feelings of shame and disgust. Bingeing is a way to escape or disconnect from feelings that seem intolerable. There may be difficulty managing states of emotional and physical distress without using food. On the other hand, the thought of giving up the behavior evokes anxiety.”

Drs. May and Anderson are the co-authors of the award-winning book, *Eat What You Love, Love What You Eat for Binge Eating* which is based on their research. Together, they are offering a four-day retreat in Scottsdale to help people who struggle with emotional and binge eating begin their journey to healing their relationship with food and their bodies. The retreat includes interactive workshops, mindful eating experiences, and small group therapy. For more information and registration, visit [www.amihungry.com/mindful-eating-for-binge-eating-retreat](http://www.amihungry.com/mindful-eating-for-binge-eating-retreat).

[1] Udo T, Grilo CM. Prevalence and correlates of DSM-5-defined eating disorders in a nationally representative sample of U.S. adults. *Biological Psychiatry*. 2018;84(5):345–354. doi:10.1016/j.biopsych.2018.03.014

### **Sidebar:**

Do you binge eat? Common symptoms:

- Eating until you feel uncomfortably full.
- Eating large amounts of food when you're not hungry.
- Eating more rapidly than normal.
- Eating alone due to embarrassment about how much you eat.
- Feeling disgusted, depressed, or guilty after eating

END