

# TOP 5 STRATEGIES TO TACKLE BINGE EATING MASTERCLASS

with

*nadia*  
FELSCH



*nadia*  
FELSCH





# WHO AM I?

I'M A NUTRITIONIST (BHSC) AND CERTIFIED INTUITIVE EATING COUNSELLOR.

I WORK FROM A NON-DIET, WEIGHT-INCLUSIVE AND INTERSECTIONAL APPROACH .

I SUPPORT FOLKS TO A HEALTHIER AND MORE PEACEFUL RELATIONSHIP TO FOOD AND THEIR BODIES SO THEY CAN LIVE THEIR FULLEST AND MOST JOYFUL LIVES.

# WHAT TO EXPECT

- My Top 5 Strategies to Tackle Binge Eating
- What further support looks like - a private invitation + exclusive bonus!
- Live Q&A





# GRAB A PEN AND PAPER



+ a drink, comfy place, some privacy and  
take a deep breath.

Go you for  
wanting to  
support you!





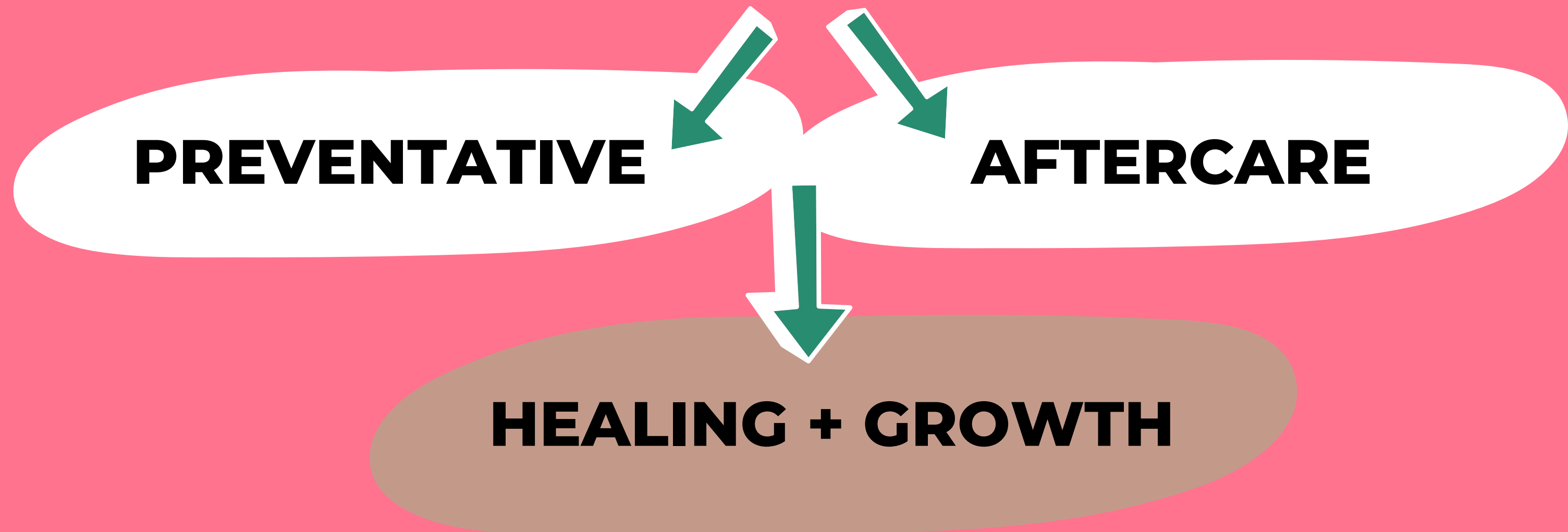


WHY DO YOU THINK  
**BINGE EATING** OCCURS?



# **WORK**

## **MY TOP 5 STRATEGIES TO TACKLE BINGE EATING**







# **STRATEGY #1**

# **EAT ENOUGH FOOD**







**WITHOUT ENOUGH FOOD,  
THE BODY PERCEIVES A THREAT AND  
RESPONDS ACCORDINGLY.**





## THAT RESPONSE



## WHICH FEELS LIKE

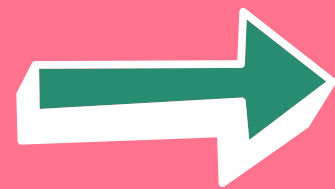
- INCREASED FOCUS ON FOOD TO GET US TO EAT
- INCREASED PRODUCTION OF NEUROPEPTIDE Y TO GET US TO EAT - PREFERABLY CARBS
- DECREASED METABOLISM TO CONSERVE WHAT WE DO HAVE

- IRRITABILITY
- FATIGUE
- POOR CONCENTRATION
- PREOCCUPATION WITH FOOD
- CHAOTIC EATING EXPERIENCES
- LIMITED MODERATE DECISION-MAKING ABILITY

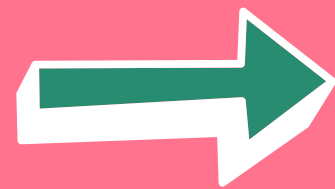


# **PREVENTATIVE**

## **STRATEGY #1 EAT ENOUGH FOOD**



**EAT WHEN  
YOU'RE HUNGRY**



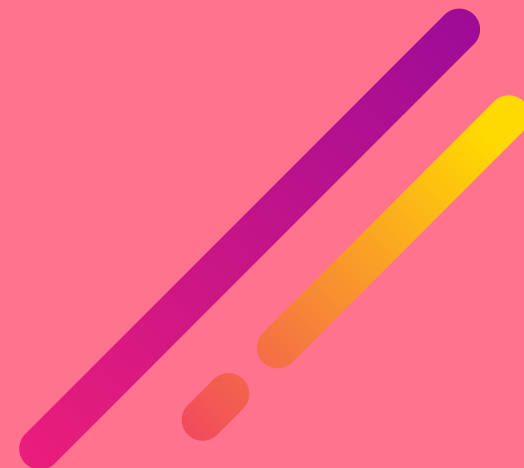
**EAT EVERY 2-6 HOURS**



# **STRATEGY #2**

# **UNCONDITIONAL PERMISSION**

# **TO EAT ALL FOODS**

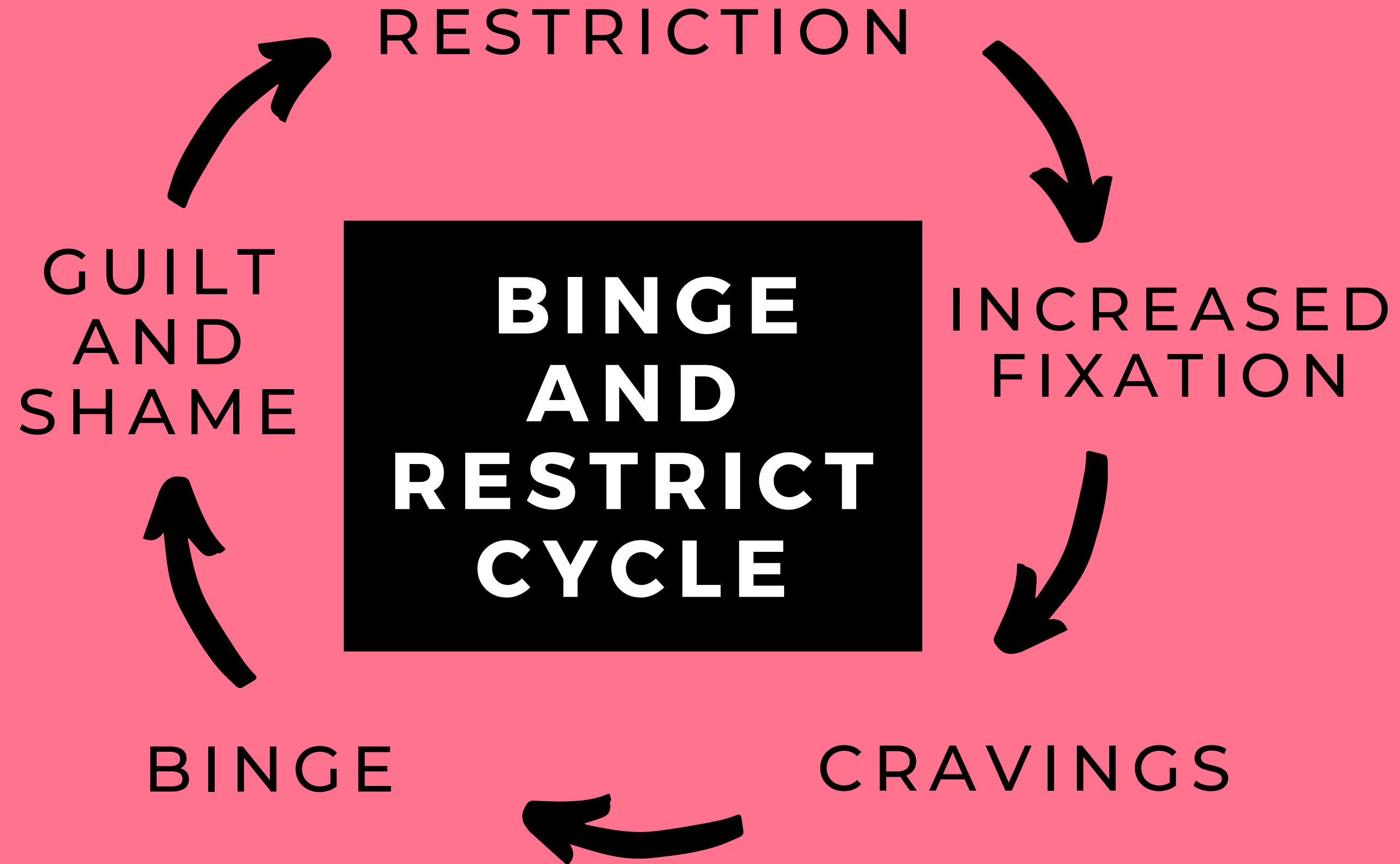






**FEELING OUT OF CONTROL AROUND  
FOOD IS DRIVEN BY RESTRICTION.**

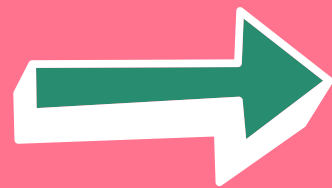






**PREVENTATIVE**

**STRATEGY #2  
UNCONDITIONAL PERMISSION  
TO EAT ALL FOODS**



**EAT WHAT YOU  
TRULY WANT**



# **STRATEGY #3**

## **FEEL SAFE**







**ALL EATING BEHAVIOUR HAS A FUNCTION.  
BINGEING MAY ALLOW FOR A FAUX SENSE  
OF REGULATION TO BE FELT IN THE  
ABSENCE OF TRUE REGULATION.**





**YOUR NERVOUS SYSTEM STRESS RESPONSE TO  
INTERNAL AND EXTERNAL ENVIRONMENTS**

**HYPERAROUSAL IS AGITATION,  
ANXIETY, PANIC, HYPERVIGILANCE.**

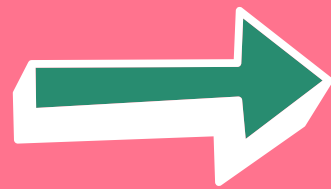
**HYPOAROUSAL IS OVERWHELM,  
NUMB, CHECKED OUT, TIRED  
BUT WIRED.**

**OPTIMAL AROUSAL IS CALM,  
GROUNDED, A FEELING OF OK-NESS.**

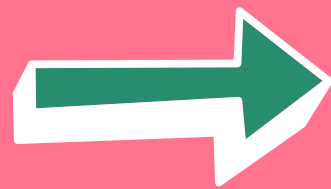


# **PREVENTATIVE**


## **STRATEGY #3 FEEL SAFE**



**GET TO KNOW YOUR  
STRESS RESPONSE**



**CARE FOR YOURSELF BY  
ORIENTING TOWARDS  
WHAT FEELS OK**



# **STRATEGY #4**

# **SELF-COMPASSION**







**IN CHALLENGING MOMENTS,  
SELF-COMPASSION OFFERS YOU A KIND  
PERSPECTIVE AND ABILITY TO CARE FOR  
YOURSELF WHERE YOU ARE.**





# BINGEING

## WITHOUT SELF-COMPASSION

- REGRETS BINGE BEHAVIOUR
- FEELS PHYSICALLY UNCOMFORTABLE
- FEELS GUILT AND SHAME
- BLAMES SELF
- HAS VERY POOR SELF-TALK
- RE-COMMITS TO RESTRICTION MINDSET



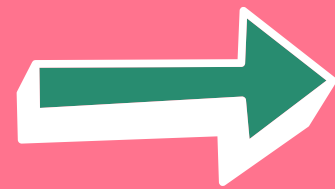
## WITH SELF-COMPASSION

- HAS PERSPECTIVE ON THE EXPERIENCE
- CAN SUPPORT PHYSICAL DISCOMFORT
- HAS GENTLE AND KIND SELF-TALK
- COMMITS TO BEING CURIOUS ABOUT THE EXPERIENCE
- CAN SELF-SOOTHE

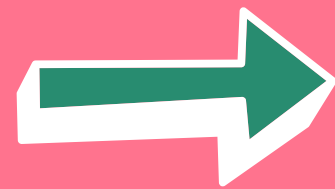


# AFTERCARE

## STRATEGY #4 SELF-COMPASSION



WHAT WOULD YOU  
SAY TO A FRIEND?



WHAT DO YOU NEED  
RIGHT NOW?



# **STRATEGY #5**

# **CURIOSITY**







**CURIOSITY TOWARD YOUR EXPERIENCES  
IS WHAT ALLOWS YOU TO GROW FROM  
THEM, MOVING WHERE YOU WANT TO GO.**





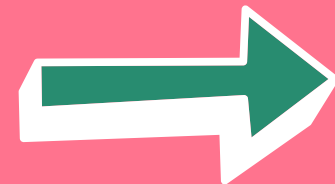
**CURIOSITY ASKS....**

**WHAT WAS GOING ON FOR ME?  
WHAT WAS THE FULL PICTURE?  
WHAT COULDN'T I SEE AT THE TIME?  
WHAT DO I WANT FOR MYSELF?  
HOW CAN I MEET MYSELF HERE?  
WHAT DO I NEED?**

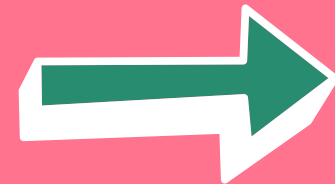
***CURIOSITY IS POSSIBLE WHEN WE  
FEEL SAFE, WHEN THERE IS ENOUGH  
FOR US AND CAN OFFER OURSELVES  
SELF-COMPASSION.***

# AFTERCARE

## STRATEGY #5 CURIOSITY



WHAT IS GOING ON  
FOR ME?



WHAT CAN I LEARN  
FROM THIS  
EXPERIENCE?



Inside this MasterClass **you've laid the foundations** to begin relating to food and your body in an entirely new way.

The work doesn't stop here.

We can't unpack and rewrite narratives in one class.

We can't just move straight to implementation and this is just the tip of the iceberg...

Whether you need help with your food relationship, struggling to trust your body, you're having challenges around your body image or food is controlling every part of your day, there's various ways to work with me at different levels and different budgets and receive my support.

**I invite you to complete my coaching enquiry form** letting me know your needs and from there we can have a conversation around the perfect fit for you.

