Just remember...
EVERYTHING IS GOING TO BE OKAY.

After a binge, the world can seem totally awful. But it’s important to realize that everything is going to be ok. Really!

I believe you’re here for a reason. You downloaded this guide FOR A REASON.

Why? Because I’m here to help. And trust me when I say that everything is going to be okay - I know because I’ve been there.

I’ve walked in your shoes. And I know how crappy you feel right now. Or the next day... *(I can still remember how puffy my face got the next day after the binge.)*

But those days are gone now. I am now calm around food and I don’t see it as a form of coping mechanism anymore.

And I’ve also guided so many women out of this vicious cycle of dieting and binging. That is a huge part of the work that I do with women in my coaching programs.

But enough about me - I’m going to share more later.

Right now, I’m going to tell you how to cope with life after a binge. Because this is where we need to start.

There are a few steps that you can take to make it muuuuch easier for you.

So let’s dive in because I know you want to recover as soon as possible, amiright?

WITH LOVE,

Tijasha
1. FIND THE LESSON

What were you trying not to feel?

Every binge eating episode is a lesson. Try to figure out why it happened.

Ask yourself:
“What feelings was I trying to escape?”
What was going on?
Was there an upsetting event?
What exactly triggered me?”

» Maybe you had a fight with your partner.
» Maybe you were bored and unhappy with your life.
» Maybe you needed something fun in life.
» Maybe you skipped breakfast and was starving.
» Maybe you just felt alone.
» Maybe you saw yourself in the mirror and saw that you gained weight.
» Maybe something triggered a painful memory from the past that you repressed but still has a huge emotional charge.

All of these things can be the reason for a binge.

Food can be your friend. Your lover. A hug. A vacation on the beach when you don’t have the time to go.

Food can be a lot of things.

So what was it for you? Go deep with yourself and learn your lesson. That way you’ll be able to prevent it from happening next time.

Action step:
Take out your journal and answer each of these questions:

1. What happened before I binged?
2. What was I trying not to feel?
3. What am I missing from my day/life?
2. FORGIVE YOURSELF

No one single act can erase pain like whole-hearted forgiveness.

This is the most important step of all. You’ll see why in a second...

Just remember the last time you binged. What was the dialogue in your head?

*I am disgusting.*
*I completely messed up my weight loss goals... again!!*
*Okay, so now that I’ve already fucked up my diet. I can binge on more foods until tomorrow...*
*No junk food tomorrow.*
*I will fix this. I just need more willpower.*
*This is too hard! I will never make it!*
*I’ll always be fat.*
*I hate myself...*
*I’ll start again tomorrow, now for real!*

Something like that, right?

A dysfunctional relationship with food thrives in an atmosphere of shame and guilt. So it’s important to let them go.

Yeah, you ate too much.
Yeah, you feel bad.
But that’s it!

How well you did with food doesn’t tell anything about you as a person. It doesn’t make you bad, it doesn’t make you less worthy.

You don’t see it that way, though. It’s actually typical for you to judge yourself based on how well you ate in a day.

This has to stop.

Forgiveness enables you to release toxic emotions and no one single act can erase pain like whole-hearted forgiveness.

**Action step:**
Try the Hawaiian technique for forgiveness called Ho’oponopono.
It’s so amazingly effective.
Say out loud to yourself these four phrases:
*I’m sorry. Please forgive me. Thank you. I love you.*
3. DON’T “START OVER”

By doing that you’ll only set yourself up for failure.

Diet perfection mentality and wanting to be 100% is the exact reason why a binge episode happens in the first place.

After a binge, the usual thing is to first, adopt an “I don’t care” mentality for the rest of the day (and continue with eating everything), and then later, restrict your food intake for the next couple of days.

Guess what happens with this scenario?

The vicious cycle repeats.

You restrict.
You feel deprived.
You eat all the food.

And it goes on and on.
It’s a never-ending cycle.

Time to break the cycle!
Eat your next meal. And the next. And the next.

Choose foods that you love AND that make you feel good.
Nourishing foods.

And stop with that “fuck it mentality” after a binge with the intention to start again tomorrow. It does NOT work. (Just think about how many times you tried and failed.)

What happened happened.
It’s okay. Now move on.

Action step:
Quit the diet perfection mentality. It’s ok to eat something less ideal from time to time.
And don’t deprive yourself after the binge. Drink more water and choose more easy-to-digest foods.
4. RELAAAX

After the binge, your body needs all the energy it can get.

We have two kinds of energies in the body. If we compare it with a car, food gives us fuel, and sleeping fills our battery.

When you are awake, you are using the nerve energy for movement, thinking, healing, digestion… And when all the battery is used, you eventually crash. Then you go to sleep and, after an appropriate time period, you awake fully recharged, and your battery is full again. Your energy level, in this regard, has almost nothing to do with your fuel level.

Digestion of large amounts of food is a drain on the nerve energy - it’s a lot of work for your body.

That’s why after a binge, you experience lethargy.

Now it’s time to give yourself a break so your body can digest everything with ease.

Don’t do anything that puts your precious body in more stress.

Forget about going to the gym to “sweat off the calories”.

Instead -
Relaaax.
Take a nap.
Meditate.
Breathe.

Action step:
What is the most relaxing thing that you love to do?
Watch your favorite TV show.
You can take a bath.
Take a gentle walk.
Meditate.
5. TREAT YOURSELF

It’s needed. Now more than ever. And you deserve it.

Honey... now really is the best time to do something nice for yourself.

Take a nice bubbly bath.
Get a massage.
Read a book by your favorite author.
Have an orgasm.
Do that fun thing that you’ve been dreaming about.

Also, get out of your way to feel beautiful.

Do a little something extra with your hear.
Wear that beautiful dress!
Get your nails done.
Put on some make-up.

Treat yourself like you deserve all that goodness now, because you DO.

Action step:
Infuse your life with positivity. What fun things can you do for yourself? What makes you happy? And how can you pamper yourself? What can you do to make yourself feel more beautiful?

EXTRA TIP:
Give yourself a self-massage and send love and appreciation to your body. Mentally send love to every cell of your body.
This too shall pass.

I know it’s scary.
I know it’s hard.

But following the steps in this guide will make the process of healing much easier.

It’s the best thing that you can do.

But to be really honest,
I’d love to help you
prevent the binge from happening in the first place!

This is my passion.
Hey, I’m Tiasha.

I AM AN EMOTIONAL EATING EXPERT.

I help women to break through the emotional barriers that are blocking their health and weight loss goals and awaken their goddess mindset to create the life and body of their dreams.

My main thing is helping you prevent binges from happening all-together.

I am known as an expert for working with the subconscious mind - which I love because it’s the best and fastest way to remove all the blocks that are standing in the way of healing your relationship with food and body, and step into your healthiest and happiest body.

Making peace with food does NOT start by changing what you eat; it starts by changing how you think.

How we can work together:

» Slim, Happy & Free Group Coaching Program (click)
» 1:1 Private Mentorship (click)
» OTHER OPTIONS (click)

If you are ready to stop fighting with food, learn how to unconditionally love yourself, and create a life you absolutely love, email me at tiasha@shinewithnature.com and tell me why you’re ready to break the habit of binging right NOW.