

# Stress Eater Diet Q & A

## **What is the Stress Eater Diet book about?**

The book describes the true effects of stress and its impact on the body, mind and overall health. It explains the dangers of acute and chronic stress, the long-term negative health effects and provides solutions, reasons and tips for positive change whether it is to minimize stress and/or to lose weight. We are a stressed out society. If changes are not made, premature death and a lower quality of life will be imminent.

## **Why did you write it?**

We have counseled thousands and thousands of patients on weight loss and noticed that stress was a common issue for the majority. However, many could not deal with stress without the comfort of food. It caused some to gain weight and derailed many that wanted to lose weight. We wanted to help people all over the country find a way to cope without stress eating.

## **How many people are stress eaters?**

About 50% of the population admits to stress eating in general. But surveys show that 82% have eaten in response to a recent stressful situation.

## **Why is this program important now or needed?**

Right now 80% of Americans are stressed because of the economic downturn and the associated stressors of job security or loss, housing and stock market declines, healthcare concerns, rising prices, etc. Close to 70% report an average of two sleepless nights per week. This program can provide a way for people to cope with stress and improve their health and their lives.

## **How is the Stress Eater Diet different than other diets?**

Most of the popular diets offer the solution to losing weight without working on the cause of the extra calories. The Stress Eater Diet provides a solution for determining stress triggers, dealing with stress, as well as increasing metabolism so more calories are burned efficiently. It will provide a step-by-step approach to reduce and or eliminate stress along with nutritional guidelines that will make weight loss easier, enhance energy, and improve long-term health. The important part of our plan is understanding and realizing permanent behavior modification.

## **Can people use this even if they don't want to lose weight?**

Yes, many people stress eat but yet do not have what would be considered a weight problem. Yet they deal with stress through food and can get out of control at any time. This can lead to nutritional deficiencies, frequent illness, and long-term health issues like diabetes and heart disease.

**How do you know if you are a stress eater?**

We have a 10 question quiz in our book and an online quiz at [www.stresseaterquiz.com](http://www.stresseaterquiz.com) where people can answer the questions based upon their current eating behaviors and the answers will be interpreted.

**How does stress impact overeating?**

Many people reach for food after a bad day to seek comfort and make themselves feel better. This bingeing is a method of coping that becomes a habit. However, the amount and type of food they eat becomes a concern. When stressed, most people eat high fat or sugary foods that contain many calories. Depending upon their pattern of stress and eating, in reaction to it, nutritional deficiencies, health issues and obesity can result.

**What kind of results can you expect?**

Everyone is different, of course, and improvement in stress management as well as weight loss will be a process. Our jumpstart plan shows that in 4 weeks, coping and eating habits can be modified. Stress can be reduced and up to 15 pounds can be lost in that time frame. Studies show that these behaviors can be learned and after 90 days of following a certain behavior, it becomes more permanent.

**How was the Stress Eater Diet plan developed?**

The Stress Eater Diet plan was developed from our medically supervised program as we achieved success with our patients. We were able to extract the methods that were most successful for our patients.

**Is there any research or studies behind this book?**

We researched hundreds of studies in preparation of this book. There are many studies that have been referenced and summarized in the book that prove our methods are successful.

**Who created the Stress Eater Diet?**

Robert Posner, M.D and Linda Hlivka, Clinical Nutritionist

**What are some things that can be done to stop Stress Eating?**

First, it is imperative to reduce stress to reduce the level of stress hormones circulating in the body. This can be through deep breathing, exercise, mindfulness, meditation or yoga. Once the stressor is gone, then healthy eating is necessary such as choosing foods that reduce anxiety and stress and stabilize blood sugar levels. Chewing gum can also help reduce stress and trick you into thinking you are eating.

**Many women love and crave chocolate. Can they still eat it on this plan?**

Yes, treats are necessary and a vital part of life or it would get pretty boring. In moderation chocolate is fine. This program will help to reduce overall cravings in several ways. In fact, a recent study showed that taking a 15 min walk can halt cravings.

**Is this book and diet just for women?**

No, many men stress eat too, but about 50% less than women. Men and women react to stress differently from having different stressors to different coping mechanisms to their uniquely favorite stress foods. Regardless of the differences this book can help men deal with stress and the associated eating.

**Should you exercise on this diet?**

Exercise is always beneficial regardless of whether or not you want to lose weight. Firstly, exercise will reduce your overall stress and decrease circulating stress hormone levels in the body, which if too high can cause more abdominal or “belly fat” to be deposited. If you do wish to lose weight, exercise will help burn more calories and increase lean muscle mass resulting in a higher metabolism.

**Many people are very busy and time is limited. How do they find time to practice this program?**

This is not a complicated program. There are some very simple things outlined in the book that can be done easily to reduce stress levels. With regard to weight loss, there are simple guides and meal plans that can be adapted to a busy lifestyle. We also write a daily blog with simple tips and the most up-to-date research on diet and stress.

**How do they learn more?**

Visit our website and blog at [www.stresseaterdiet.com](http://www.stresseaterdiet.com).

For more information and to schedule an interview with the authors, please send an email to: [steve@linxcorp.com](mailto:steve@linxcorp.com)