Research Methods of the Health Sciences

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# Summary of the News Article

Many of us are worried about our body shape, especially during the college years. Several experts stress the need to maintain a healthy mind-body connection (Pompili & Laghi, 2017). A certified mind-body nutrition coach and eating psychologist, Tessie Tracy, states that she employs a practice called " eating psychology coaching" to aid her clients with body image challenges and problems like binge eating and overeating. She believes in focusing on what is appropriate for every individual’s unique body and personal style. Tracy considers the health band eating issues, a place of exploration while working together, and states that these challenges must be seen as an opportunity of self-improvement and growth, rather than enemies. Tracy tries to help her clients by asking them to first relate any personal body health issues with their living conditions, as she believes that family, relationships, work, stress, and other life circumstances have a huge impact on health and weight. Tracy mentions some of the conditions that affect eating habits and the most important of them is ‘stress eating’. It affects the fight or flight chemicals and the hormones of the body by increasing cortisol, which prevents fat burning and reduces metabolism and insulin levels. She advises to focus more on eating well; eating slowly and enjoying the food. Tracy points out a fact about emotional eating that food is designed to give pleasure and food is consumed for pleasure because it boosts the endorphins in the body. She suggests proper planning for the leftover food and for the meals to be taken ahead to avoid overeating. According to Tracy, binge eating causes depression, decrease in restful sleep and the ability of body to rebuild muscles and proteins. She concludes by stating that an individual himself knows his body conditions and if he is concerned, he must seek out some professional help.

**Research Question**

What are physical, cognitive, and emotional effects of binge eating and drinking?

**Hypothesis**

The physical, cognitive, and emotional effects of binge eating and drinking.

# References

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