

Did you ever struggle with wanting to binge on high sugar foods? This is a repeated problem I have!!

- Back in my carb addiction and yo-yo diet days, I commonly could eat an entire family sized bag of chips all at once. This also could happen with cookies or fast food. Typically any junk I was craving at the time had the opportunity to turn into a binge.
- There are multiple reasons this can happen. Here are a few:
 1. **When you eat unkn carbs like that, your body does not view it as real food.** If you feed your body processed food when it wants nutrients, your body will keep asking for more food until you give it the nutrients it needs to function. If you keep giving your body junk, it will never be satisfied and you will keep bingeing
 - **I would binge on junk food like that after attempting low carb diets in the past. The main reason for this goes back to digestion:**
 - I tried really hard to give my body fats and proteins per the plans
 - I would follow this for a few weeks, but my body kept crying out for food it recognized as fuel - like junk carbs
 - After years of yo-yo diets and medications, my digestive system no longer functioned correctly. It no longer understood how to break down fats and proteins. It could only function on carbs well because they are easy to break down.
 - When I withheld carbs for long enough, my body panicked and binged on an entire bag of chips and then went back to the yo-yo rollercoaster.
 - I did not get this under control until I helped my body by using the [digestive supplements](#) so my body now understood how to use fats and proteins correctly.
 - Check out my new [mini course](#). Video number 4 explains why my body did not understand how to break down these foods correctly. You can also enroll in the [digestion course](#).
 2. **Another reason to take into account is over restricting yourself**
 - For many, as soon as you tell yourself you cannot have something, that is all you want and keto diet is no different!
 - If you say you cannot have carbs and then you restrict yourself so much, all your brain will focus on is getting more carbs and cheating.

- I am teaching students in my [Coach Me Course](#) how I overcame this mentality and was able to eventually thrive on a very low-carb, high-fat diet

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