



STOP Overeating, Beating Binge Eating And Other Eating Disorders

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The very immediate benefits of stopping overeating is the decrease of weight that stops many of health issues that obesity causes such as heart disease, stroke, and diabetes. The secondary benefit is the reduction of the person's stomach size which is constantly stretching and often breaks through the abdominal wall causing the larger than normal stomach. The last benefit is the increase of metabolism and the increases of proper nutrients and vitamins which increases a persons health and well being.

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