



The Binge Eating and Compulsive Overeating Workbook

An Integrated Approach to Overcoming Disordered Eating

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about the author

Carolyn Coker Ross, MD, MPH, is a physician, author, and nationally recognized speaker. She is in private practice in Denver, Colorado and is a consultant for the eating disorder program at The Ranch in Tennessee, a residential treatment center for addictions and eating disorders. Ross is a graduate of the University of Michigan Medical School and an alumna of Andrew Weil's integrative medicine program at the University of Arizona. She is former chief of the eating disorders program at Sierra Tucson, an addiction treatment center in Tucson, AZ.

book description

The BE and CO workbook presents a roadmap of the five step integrative method developed by Dr. Ross and used successfully in numerous individuals with BE and CO.

The five step method is the start to a personalized journey to healing in which the reader can identify emotions and unconscious beliefs that block their recovery.

This workbook helps readers use a unique integrative perspective to shift your relationship to food, learn to use your body cues to understand why you overeat and how to stop and gain an understanding of the emotional and spiritual needs that, when unmet, lead to disordered eating.

- Approximately 4 million Americans have binge eating disorder. This disorder is especially prevalent in people with obesity—nearly half of all obese individuals binge.
- This book helps the reader develop a comprehensive mind, body, and spirit program through the use of questionnaires and assessments. These worksheets explore nutrition, supplements, mood, physical activity, physical symptoms, family health history, and more.
- Carolyn Coker Ross, a practicing physician who specializes in women's health and integrative medicine, is the creator of *Naturally Fit*, a landmark weight management program that has been featured on *New Attitudes* on Lifetime Television.

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