Battle of the Binge

Strategies for avoiding stress-related eating

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When stress seizes our lives, we sometimes seek solace in eating less-than-healthy foods. But while digging into a plate of creamy mac 'n' cheese might provide some temporary relief, constant bingeing to relieve stress can become an unhealthy habit.

Carolyn Coker Ross, MD, MPH, author of T*he Binge Eating & Compulsive Overeating Workbook*, recommends substituting traditional comfort foods with fruits, vegetables and green tea. She adds that supplementing your diet with panax ginseng (a plant used in Chinese medicine) during times of stress can help boost your energy, stamina and cognitive functions.

"Getting panax ginseng at the health food store and taking that— or drinking ginseng tea—will help your body deal with stress more effectively," she explains.

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