

## Binge eating and stress

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**“The more stressed I get, the more I seem to eat. How do I break this habit and is there a link between stress and weight gain?”**



We asked Dr Maurits Kruger from [Health Renewal](#) for some advice.

There is definitely a link between stress and weight gain. During tough times when you are constantly [stressed](#), your body secretes high levels of the stress hormone cortisol, which increases hunger.

It can lead to a cycle of bingeing that goes like this: When you're stressed, you eat a lot. After overeating, you feel bad or worried about weight gain, which makes you more stressed. Over time high levels of cortisol causes the body to store fat, especially in places like the tummy area.

Beat the Bulge!

**To read the full article visit: <http://beautysouthafrica.com/healthy-living/binge-eating-and-stress>**