

Your Weight And Fate

Stop Emotional Overeating

(NAPSA)—If negative emotions are causing you to overeat and gain weight, it may be time to stop and smell the flowers—or sip a flower remedy, that is.

“We may start out feeling a bit hungry, but when our eating is emotionally driven, we soon become robotic,” says Dr. Denise Lamothe, author of “The Taming of the Chew.” “Mindless eating ensues. Fortunately, we can regain control of our need to mindlessly devour what our bodies don’t really need.”



An all-natural healing system provides a calming positive energy to help deal with the emotions that contribute to overeating.

Dr. Lamothe has found success using the all-natural Bach Original Flower Remedies with her clients who struggle with emotional eating and recommends the Emotional Eating Support Kit in combination with developing a healthy, balanced lifestyle. The kit contains three remedies—Cherry Plum, Crab Apple and Chestnut Bud—to help you stay in control, feel better about yourself and change negative behavior patterns. The drops have no side effects. For more information, visit www.bachremedies.com.