

STELLAR *Life*

Hosted by *Orion*

Overcome Night Eating Syndrome

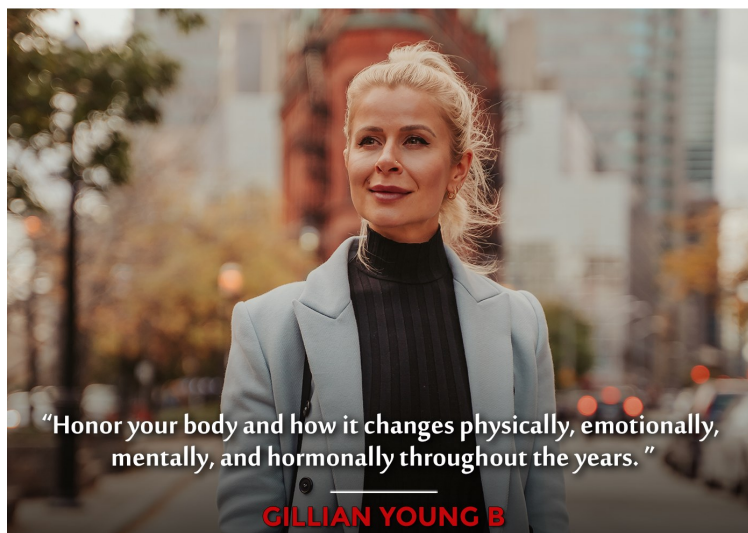
10 Point Checklist

Gillian Young B

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- ☐ Research any night-eating habits thoroughly so you can figure out the real cause for doing it. It's quicker to find solutions once you know what's causing your condition.
- ☐ Get yourself checked for physical, hormonal, or mental imbalances if necessary. Sometimes things happen in our bodies that we're not aware of right away unless we look closely.
- ☐ Observe your eating habits during the day. For example, Undereating and restricting yourself from certain foods may be a reason for binge eating at night.
- ☐ Don't jump into fad diets right away because they're trendy and people display quick results. Remember, whatever you decide to do to your body has consequences.
- ☐ Be patient and trust the process. The progression will seem slow initially, but consistency will indeed produce results.
- ☐ Monitor your stress levels and sleep quality. Your energy plays a huge role in your mental health.
- ☐ Learn more about what fasting is before doing it. According to Gillian, fasting was designed initially for male physiology, and the female body isn't built for today's fasting trends.
- ☐ Control your sugar intake and limit eating food rich in refined sugar. Substitute it instead with honey, agave, stevia, or monk fruit.
- ☐ Learn more about nutrition and determine which vitamins and supplements work best for you. For example, foods rich in Omega 3 and vitamin B are great for boosting energy.
- ☐ Visit Gillian Young B's [website](#) to learn more about dealing with night-eating syndrome.