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The fitcast: fitness and nutrition podcast

Coach Stevo is back to talk about proven ways binge eating. How it starts and Nia shares her story and those of others and what they did to break the cycle

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Bodybuilding | results health & performance

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Ebook 33 ways to break free from binge eating

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How to stop binge eating - sensitive subjects

Overcoming Binge Eating is at its second edition, 33 Ways to Break Free from Binge Eating is a book written from the author s heart Nia Shanks, is a

November, 2014 | results health & performance

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People Who Liked The Fitcast Podcast Also Breaking Binge Eating w/ Nia Shanks How it starts and lots of advice on how to break the habit. Nia shares her

Diet-to-go blog

This helped me curb the tendency to binge on but as a young adult learned new ways of eating that she realized didn't Nia Shanks of Lift Like a Girl teaches

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The shocking outcome of the biggest loser is not

I hated the way the contestants were paraded out in their underwear to stand on to bulimia and back to binge eating. .Give the girl a break!

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