

CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	1/24/2012 2:48:10 PM
REP ID:	NF09	LAST RUN:	02/01/12
DESIGNER	cwnbrewc	SIZE:	1X9

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**3 Proof Limit**



**MEN ALSO  
BINGE EAT**

Binge eating, which is defined as having at least one episode per month of overeating "with a sense of loss of control," is often thought of a woman's disorder. However, according to an analysis of over 45,000 men and women, researchers report that about 7.5% of men and 11% of women binge eat. On the basis of that finding, it is estimated that one man in ten in the general population binge eats, which is a condition that is just as damaging to men as it is to women. Men are less likely to seek help for this (and other) eating disorders(s) because males often consider eating disorders to be socially less acceptable than other addictive behaviors.

Of course, if you are suffering from binge eating, you need to seek help right away. But you needn't be suffering from something so obvious to deserve help. Our compassionate counselors can provide proven techniques and a safe space to help you deal with a variety of issues, from eating disorders to depression, anxiety, and stress. You deserve to be healthy and we can help that happen.

Call 608-742-5020 today for an appointment.  
Our address is  
2639 New Pinery Rd., Suite 1.  
*Offering you and your family compassionate and professional advice.*

*P.S. Binge eating is not only associated with obesity and cardiovascular disease, it is also linked with depression, anxiety, and sleep problems.*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)

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 O.K. WITH CORRECTIONS BY: \_\_\_\_\_  
**PROOF DUE BACK ON 1/31 BY 10 AM**  
 PLEASE RETURN TO YOUR SALES PERSON