

## **Are You A Stress Eater? Revolutionary Program Reduces Overall Stress and Stress Eating Tendencies**

*Metro D.C. based Serotonin-Plus Weight Loss Centers launches a unique, national weight and stress management program based upon novel, proven technology and protocol.*

Burke, Va. ([PRWeb](#)) September 10, 2008 -- With high gasoline prices, depressed real estate and stock markets, political instability and uncertainty; stress levels of Americans are skyrocketing. For those that attempt to eat their stress away, a new detailed program is aiding many in changing their natural response to chronic stress and improving quality of life.

The Stress Eater Quiz ([www.stresseaterquiz.com](http://www.stresseaterquiz.com)), a new diagnostic tool, is available that determines the level of stress eating reaction and then goes on to provide appropriate dietary solutions. The Quiz is part of The Stress Eater Diet ([www.stresseaterdiet.com](http://www.stresseaterdiet.com)), a comprehensive program just launched which reduces the daily stress that Americans have by providing improved nutrition, portion control and stress relieving techniques that will minimize stress eating and carbohydrate cravings, while lifting mood and the feeling of hopelessness. More importantly, it prevents the weight gain and lack of energy normally experienced from stress. The Stress Eater Diet offers weekly meal plans that are easy-to-follow and outlines meals, snacks and portions. The program provides simple elements that can be put into practice immediately.

The Stress Eater Diet is derived from the program used in the Serotonin-Plus Weight Loss Centers in metro Washington, DC, developed by Robert Posner, M.D., and Linda Hlivka, Nutritionist. They have helped thousands of patients manage their weight and stress. They also developed a successful, patented, natural serotonin supplement containing pure serotonin, vitamins and minerals that reduces stress and binge eating, enhances mood and energy and reduces carbohydrate cravings. Great results are achieved and now the program is available to the public and to all that are stressed. This comprehensive support system of the Stress Eater Diet allows many to break free from their stress levels and learn new techniques and tools to improve their lives.

Dr. Posner states, "Stress is extremely detrimental to the body. Whether the cause is family issues, work problems, financial concerns or a combination of them all, the release of stress hormones, especially cortisol, and the depletion of the "good" chemical, serotonin lead to eating and bingeing behaviors that can adversely affect our weight and place us at medical risk." Serious, life-threatening diseases can actually be caused by stress affecting our eating behaviors and ultimately our bodies, according to Posner.

A recent study by the American Psychological Association showed that the majority of Americans (79%) believe they experience extreme chronic stress. Unfortunately, many respond by stress eating: 82% of women have experienced overeating versus 71% of men. Comfort eating over the long-term can lead to significant health issues. Millions of Americans dip into the ice cream or potato chips after a bad day at work. It is this coping behavior that is contributing to the obesity issue in the U.S., as well as, perpetuating the stressed environment. As a result, stress can lead to high-blood pressure, tension headaches or migraines, cardiac issues, diabetes, cancer, and pre-mature aging. The health of America is deteriorating due to stress. Right now 67% of the U.S. population is already overweight or obese and this could climb much higher in the coming years. The avoidance of weight gain during stressful times is imperative to extend and save millions of lives. So, in this time of uncertainty and



greater anxiety, The Stress Eater Diet will get those that are stressed on the right track to reducing stress quickly and normalizing their diets.

About Serotonin-Plus, Inc.: Serotonin-Plus, Inc. operates the largest medically supervised weight loss/management program in the Washington, D.C. area and helps patients and consumers reach their weight goals in a medically responsible manner, reducing their risk for serious medical problems and improving the overall quality of life. The Serotonin-Plus Weight Loss Centers provide a practical approach to weight and stress management and feature a unique patented oral serotonin supplement that reduces stress and binge eating, enhances mood and energy and reduces carbohydrate cravings.

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### **Contact Information**

**Linda Hlivka**

Serotonin-Plus, Inc.

<http://www.stresseaterdiet.com>

703-866-4144

<http://www.spdiet.com>

703-866-4144

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