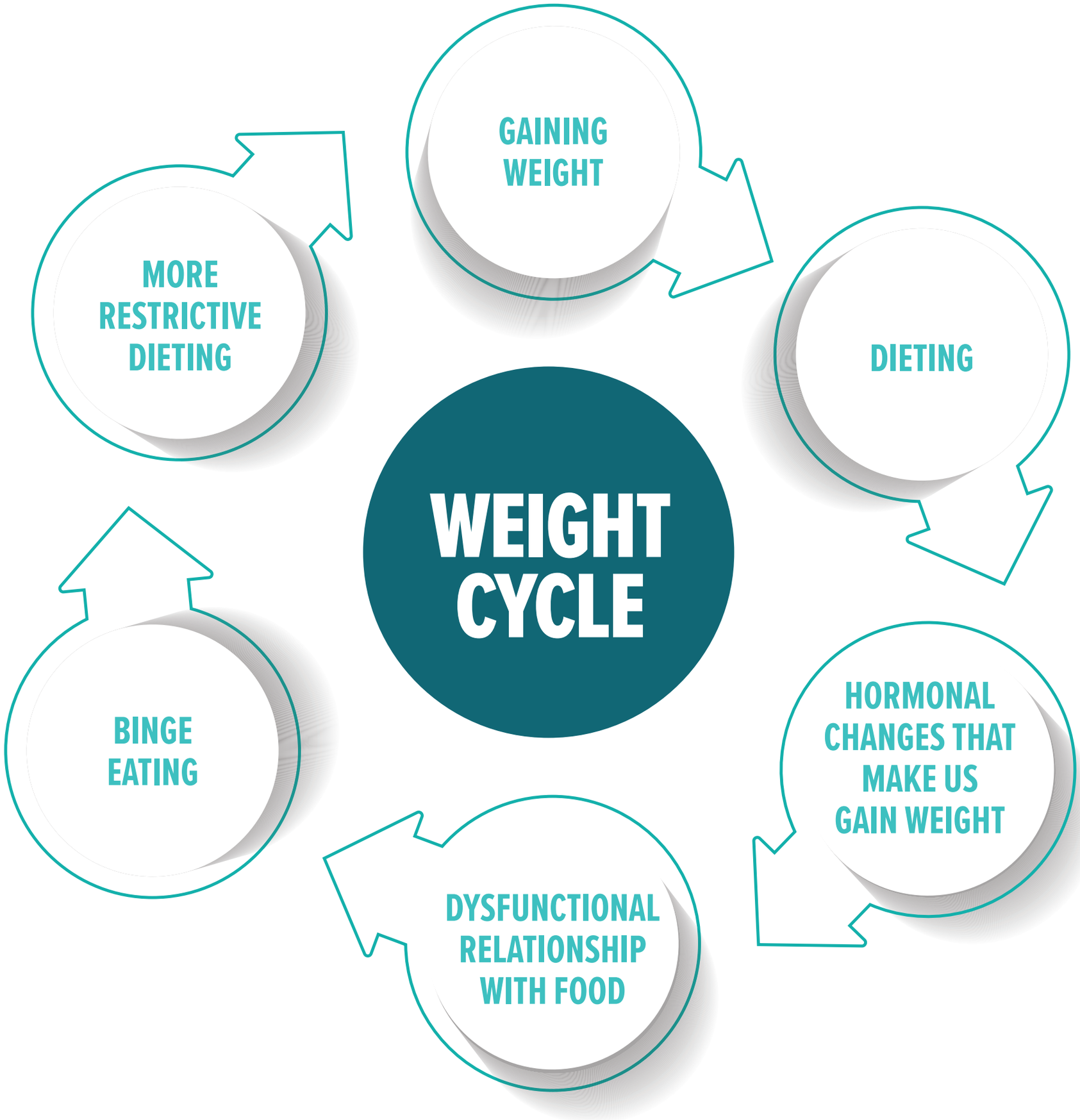
WEIGHT CYCLE
GAINING WEIGHT
DIETING
HORMONAL CHANGES THAT MAKE US GAIN WEIGHT
DYSFUNCTIONAL RELATIONSHIP WITH FOOD
BINGE EATING
MORE RESTRICTIVE DIETING