

FREE  
EBOOK

WRITTEN BY PRITAM TARA

# THE *Binge Free* BLUEPRINT

YOUR STEP-BY-STEP GUIDE  
TO LASTING FREEDOM

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SUMMARY AND FINAL THOUGHTS



# Are you ready for a change?

Maybe you've been trying to break the cycle of bingeing and purging for a long time—thinking you need to ‘try harder’ or find the strength to keep your promises to yourself. But honestly, you’re not failing because you’re weak or lacking. It’s because every attempt has been fueled by self-judgment and punishment rather than real, supportive guidance. You don’t need more discipline; you need a true foundation that helps you show up for yourself.

That's what this guide is all about. This workbook provides valuable insights, practical exercises, and actionable steps to help you on your path to freedom. I am so glad you made it here. Let’s get started.



## INTRODUCTION

# Hi, I'm Pritam Tara

I overcame the grips of bulimia, food, alcohol, and exercise obsession in less than a year by following the science-backed methodologies and spirit-guided practices introduced in this workbook.

***But before I found the path of healing, I was so close to giving up...***

I was stuck in loops of self-sabotage and numbing out for nearly 15 years, feeling completely disconnected from my True Self. And no one had a clue.

The thing is, the more I kept myself busy with work and numbing out with food, alcohol, and exercise, the more I was stuffing down the negative emotions that were the root cause of my unhappiness.

On my healing journey, I made pilgrimages to Peru, India, and Costa Rica to learn and heal. I adopted practical and sustainable practices along the way that I integrated into my daily life. I practiced safely and paired my experiences with the right support.

That was 8 years ago. Now I want to teach you what I've learned of inner and outer work, self-re-invention, and healing ... so you can stop struggling, leave the shame and hiding behind, and emerge as the radiant being that you were born to be.

You don't need to travel the world to find the answers. If you came here feeling like there must be hope out there for you too, you have come to the right place.

**It's Time For You to Reclaim Your Life  
and Step into a Future Filled with  
Freedom and Joy**



# Stages of a binge-free life

*01*

## **LAYING THE FOUNDATION**

- Dive deep into your motivations and future vision
- Eliminate triggers from your environment
- Find a guide or community to support you

*02*

## **SYSTEM RESET**

- Diet and supplementation to reduce cravings
- Daily practices that calm your nervous system
- Learn to listen to your body, hunger, and fullness

*03*

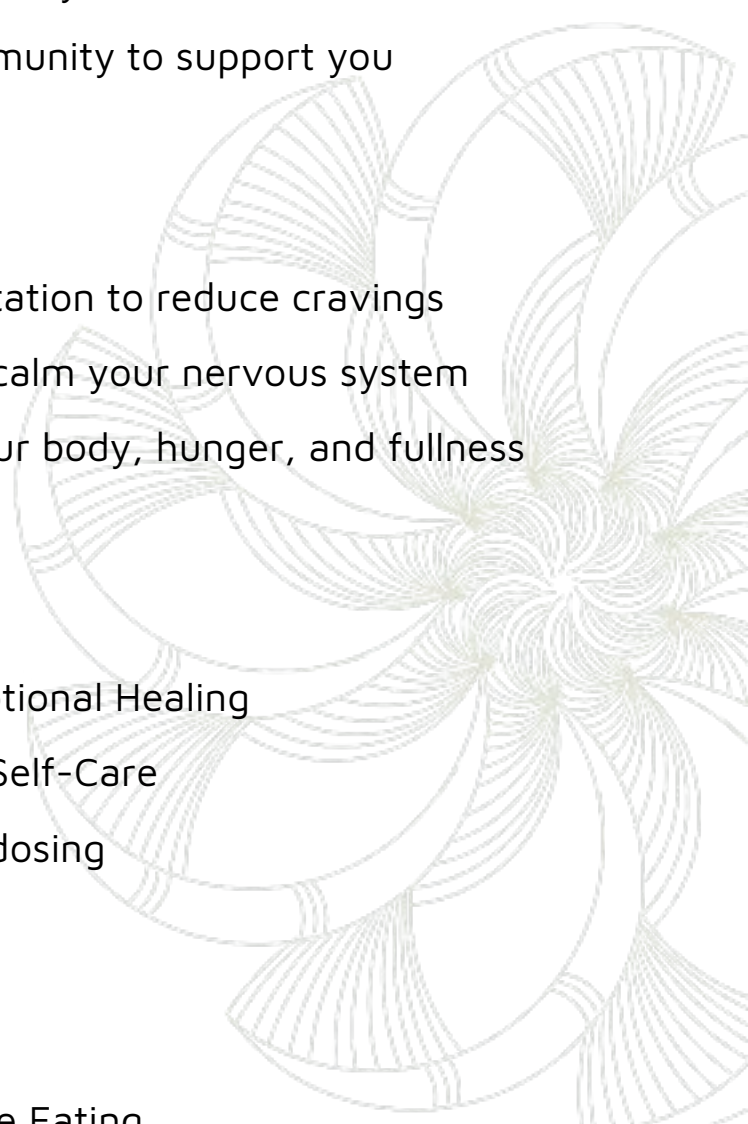
## **STABILIZATION**

- Forgiveness for Emotional Healing
- Orientating Around Self-Care
- Rewiring with Microdosing

*04*

## **INTEGRATION**

- Transition to Intuitive Eating
- Sustainable Daily Practice and Routines
- Dreaming a New Life Vision





RECOVERY  
IS A JOURNEY OF  
SELF-DISCOVERY.  
YOU GET TO  
REMEMBER WHO  
YOU ARE.



Stage 1

LAYING THE FOUNDATIONS



# Step 1

## DISCOVERING YOUR WHY & COMMITTING FULLY

### What do you truly desire?

The first step in the Binge-Free Blueprint is about uncovering the deeper reason behind your desire to change—your “Why”. This goes beyond surface-level goals like losing weight or breaking a habit and taps into what truly drives you, like wanting to feel free, confident, and in control of your life again. Defining your why creates a powerful foundation of motivation, giving you something meaningful to anchor to when things get hard. Fully committing to this process means choosing to show up for yourself, even when it feels uncomfortable or imperfect. Your Why becomes your North Star, the thing you return to whenever you’re tempted to give up or when old patterns try to pull you back. It’s the fuel that powers your transformation and keeps you moving forward with purpose.

### What’s Your Why?

What is the deeper reason you want to break free from the binge cycle—what will this transformation truly mean for you and your life? Imagine your days without shame or regret, waking up feeling light, confident, and free to fully enjoy your life—what would that feel like, and how would it change the way you show up for yourself and others?

Take a few minutes to think and write about this in as much detail as possible.

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# Step 2

## IDENTIFYING TRIGGERS AND REMOVING OBSTACLES

### Getting clear on what keeps you stuck

The second step of the Binge-Free Blueprint is about shining a light on the patterns, environments, and emotions that drive binge behaviors. Identifying your triggers—whether it's stress, boredom, certain foods, or specific situations—helps you understand what sets the cycle in motion.

Equally important is removing obstacles, like keeping trigger foods in your home or ignoring emotional cues that lead to bingeing. This step is essential in the beginning because it lays the groundwork for a binge-free life by creating a supportive environment and breaking the automatic reactions that keep you stuck. By addressing these triggers and obstacles upfront, you can build awareness, regain control, and start transitioning into healthier habits with greater ease and clarity.

### What are the foods & situations that set you off on a binge?

Let your thoughts flow freely without judgment as you write down every food, feeling, or situation that triggers a binge—no detail is too small or insignificant.

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# Step 3

## GET YOUR SUPPORT TEAM UP TO SPEED

### Healing does not happen in isolation

The path of recovery requires connection and accountability. It's essential that you have people who can walk alongside you on your journey, whether they're trusted friends, supportive family members, or a mentor who has walked the same path. Letting others in on your intention to heal is critical when getting started, as they can offer encouragement, remind you of your goals when you feel overwhelmed, and hold space for your progress. A strong support system provides the safety net you'll need when challenges arise, making your journey not only more sustainable but also more empowering. Together, you'll build the foundation for a life rooted in connection and shared strength.

### Who are the friends, family, or guides that you can trust?

Who in your life can offer you support, encouragement, and accountability on your healing journey? Reflect on people who genuinely want the best for you—those who can hold space for your growth without judgment. Write down their names and why you feel they could be part of your support team, and think about how you might involve them in your intention to heal.

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TRUST YOURSELF  
AND TRUST THE  
PROCESS.  
YOU GOT THIS.



Stage 2

SYSTEM RESET



# Step 4

## **STABILIZE WITH NUTRITION AND SUPPLEMENTATION**

### **Food can work on your behalf**

Breaking the binge-purge cycle isn't just about willpower—it requires addressing the real physical, neurochemical, and mental addictions that keep you trapped. To do this, you need a nutritional strategy that removes cravings and stabilizes your body and mind, giving you the clarity and strength to focus on healing. Adopting a ketogenic diet at the start is one of the most effective ways to reset; it eliminates the highs and lows of blood sugar spikes and stabilizes hunger and satiety signals.

This approach isn't forever—just long enough to rewire your body's natural hunger, fullness, and satisfaction cues. By removing the mental burden of “what to eat” and calming the body's drive for binges, you'll build a solid foundation for moving toward a more intuitive and balanced relationship with food. Supplementation can further support this process by addressing deficiencies and optimizing brain health, making this a powerful first step toward lasting change.

### **Supplementation is key**

Supplementation will also help in breaking the binge-purge cycle by providing the nutrients your body needs to heal and thrive. When your brain and body are properly supported, cravings diminish, and withdrawal symptoms—often the toughest part of change—are significantly reduced. The right supplements can also optimize neurochemical pathways, helping to stabilize your mood, boost motivation, and improve overall mental clarity. By addressing deficiencies and supporting brain health, supplementation not only makes the transition to a binge-free life smoother but also helps restore balance to your body and mind, giving you the energy and focus to stay on track with your goals. This targeted support ensures that your healing journey is both sustainable and effective.

# Step 5

## REGULATING THE NERVOUS SYSTEM WITH NEW ROUTINES

### Why routines are so important

Creating new routines that require a body-mind collection is a powerful way to break free from the binge cycle, as they serve a dual purpose: reducing the charge of triggers and providing healthy outlets for redirecting your energy when cravings strike. By establishing intentional daily practices, you can replace old, destructive habits with ones that promote calm and stability. Routines help reduce the stress and anxiety that often drive bingeing. At the same time, they establish predictable patterns that help train your mind and body into a state of balance and reduce cravings while supporting the production of serotonin, dopamine, endorphins, and norepinephrine for a more positive mood, outlook, and motivation.

### What are the practices that you can lean into?

What activities or practices bring you joy, calm, or a sense of accomplishment? If nothing stands out, that's okay. Think about what you enjoyed most as a child. Reflect on this and think about how you can build supportive daily routines to help regulate your nervous system and create balance.



YOGA



COLD PLUNGE



KICKBOXING



BREATHWORK



TONING



TAI-CHI



MEDITATION



NATURE WALKS



MASSAGE



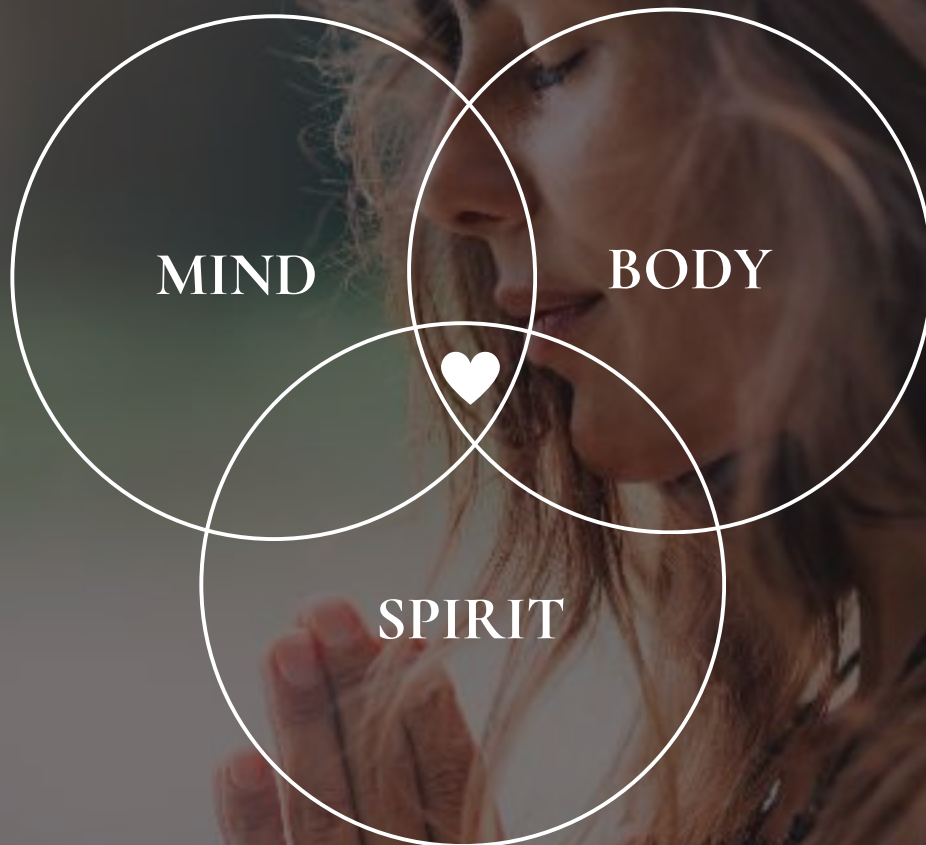
SAUNA



CHANTING



DANCING





# Step 6

## **SELF-ACCEPTANCE & EMOTIONAL HEALING**

### **The Power of Forgiveness**

True healing begins with self-acceptance, and self-acceptance starts with forgiveness. To move forward, we must first come to peace with the version of ourselves who was stuck in loops of shame, regret, and secrecy. That version of you wasn't weak or broken—they were surviving the best they could with the tools they had. Forgiving this part of yourself is essential to breaking free from the hold of the past and creating space for growth. This process isn't about excusing old behaviors; it's about releasing the heavy weight of self-judgment so you can step into a lighter, more compassionate relationship with yourself.

One of the most powerful tools for self-acceptance is journaling, where you can safely explore and express the hidden parts of yourself. Sharing these thoughts with trusted allies—friends, mentors, or a support group—can also help release the grip of shame, bringing those secret parts of you into the light. This process is often called “owning your shadow,” where acknowledging the aspects of yourself you've tried to hide reduces their power over you. Emotional healing doesn't happen overnight, but with consistent effort, this work allows you to rebuild a sense of worthiness and connection, paving the way for long-term freedom and self-love.

### **Forgiveness Exercise**

Imagine your future self—healthy, binge-free, and living a life filled with joy, purpose, and freedom. From this place of gratitude, write a heartfelt letter from your future self to your current self. Begin by introducing your future self in detail: where they live, what their days look like, who they spend time with, and what brings them joy.

Then, from this perspective, thank your current self for keeping them safe, alive, and for seeking help when it was needed most. Acknowledge the courage and commitment it took to embark on this healing journey and express gratitude for all the steps taken—big and small—that made this future possible. Let your current self know that their efforts are seen, valued, and are the foundation of everything beautiful that lies ahead.

# Step 7

## REWIRING WITH MICRODOSING

### How to change your mind

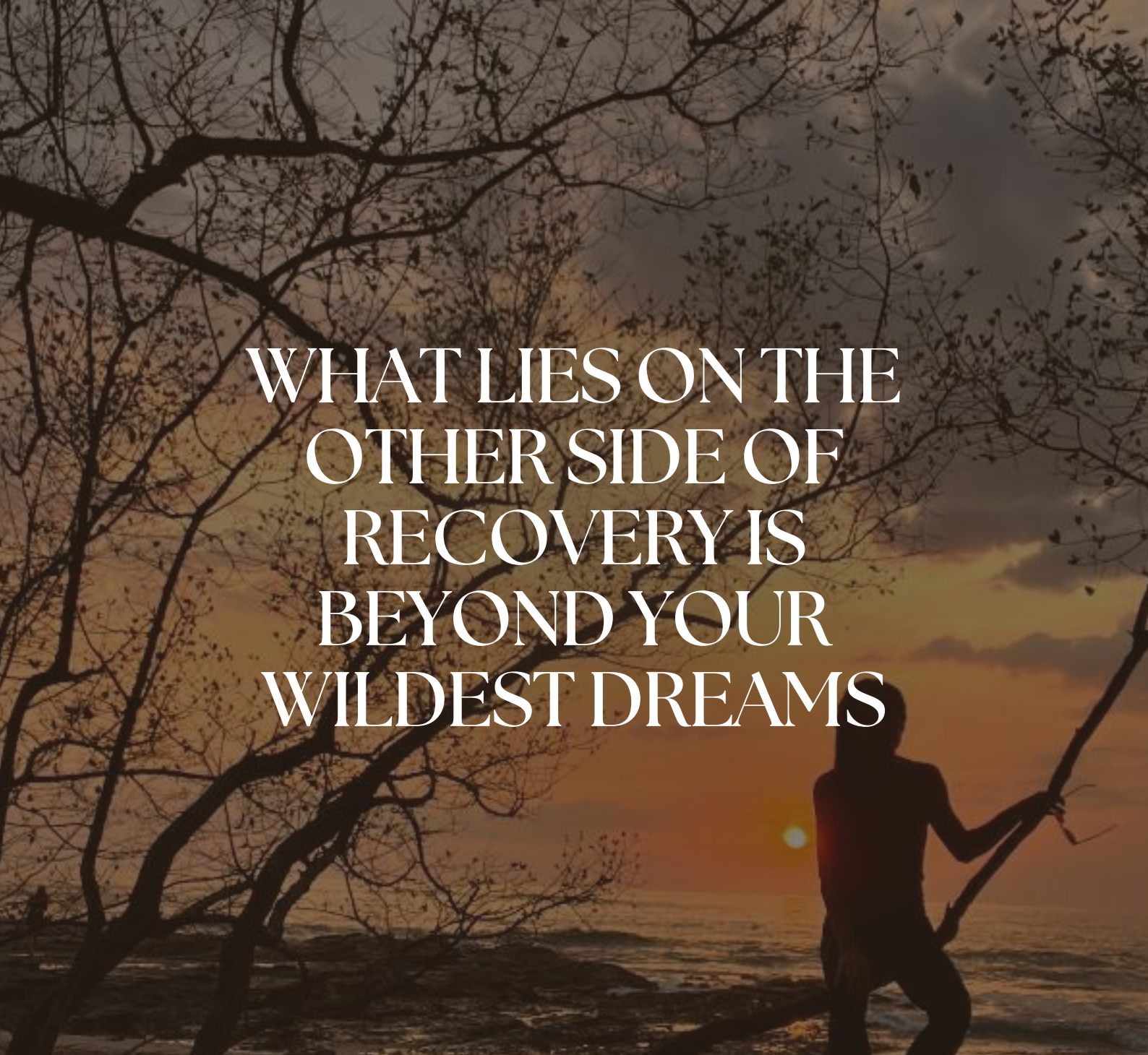
In the final step of the Binge-Free Blueprint, microdosing is introduced as powerful tools to support long-term transformation. By this stage, you've laid the groundwork for recovery, and microdosing becomes an ally in helping you stay binge-free while rewiring new, healthier ways of thinking, acting, and being. Microdosing—low, sub-perceptual doses of substances like psilocybin—has been shown to promote positive neurochemical shifts, enhancing mood and reducing cravings. More importantly, it supports neuroplasticity, the brain's ability to form and strengthen new neural pathways, which is essential for breaking old habits and creating lasting change.

### Cutting-edge research

Emerging research supports the benefits of microdosing in mental health. Studies on psilocybin suggest its ability to reduce symptoms of anxiety, depression, and addiction by resetting the brain's reward systems and fostering emotional resilience. Additionally, microdosing has been associated with improved focus, reduced rumination, and greater emotional balance—making it a valuable addition to recovery.

When incorporated mindfully and with intention, microdosing allows you to deepen the progress you've already made, providing the mental clarity and openness needed to solidify a life free from the binge cycle. This final step offers an opportunity to anchor your transformation and create a foundation for long-term growth and freedom.

If you'd like to learn more about microdosing and important considerations, I invite you to check out my **Beginners Guide to Microdosing**. You can download it here: <https://www.awakentoyourwholeness.com/micro>

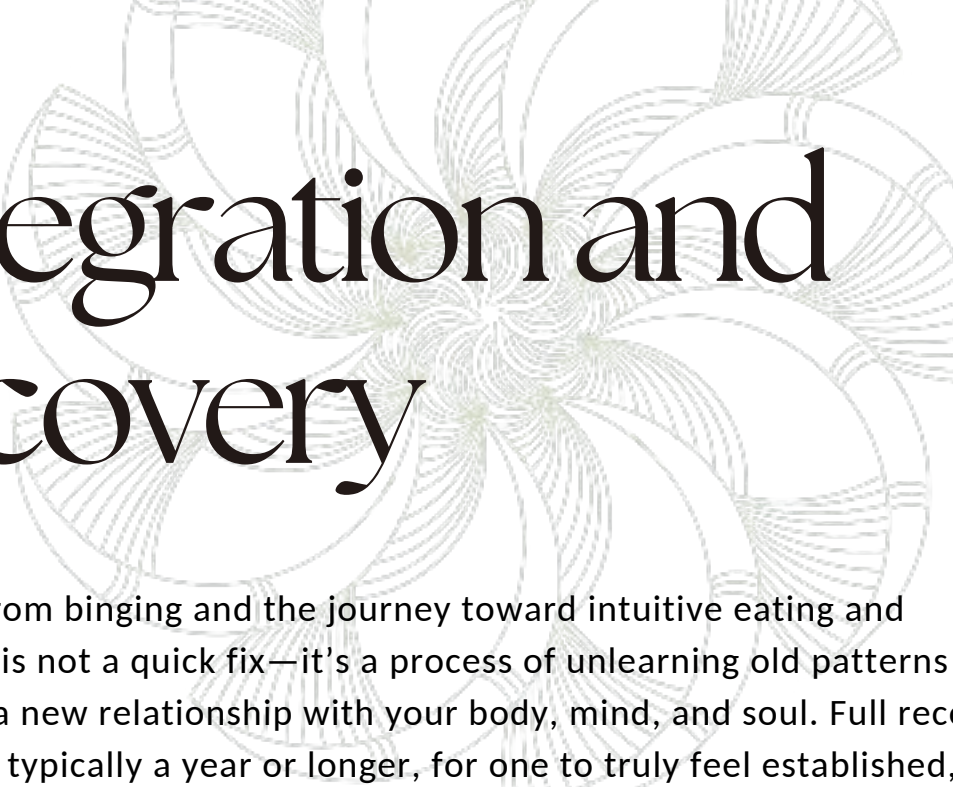


WHAT LIES ON THE  
OTHER SIDE OF  
RECOVERY IS  
BEYOND YOUR  
WILDEST DREAMS



Stage 4

INTEGRATION & RECOVERY



# Integration and recovery

Recovery from bingeing and the journey toward intuitive eating and movement is not a quick fix—it's a process of unlearning old patterns and rebuilding a new relationship with your body, mind, and soul. Full recovery takes time, typically a year or longer, for one to truly feel established, confident, and easeful in a binge-free life.

This is not a reflection of failure but rather the depth of healing required to rewire habits and create lasting change. Integration is about weaving these new habits and beliefs into your daily life until they become second nature, anchoring you in a state of balance and self-trust.

The secret to success lies in consistency—showing up for yourself each day, even when it's hard, applying the most supportive methods and practices to set yourself up for success, and building a system of accountability to keep you aligned with the higher vision that you know is possible for you.

Having someone to champion you along the way—a coach, mentor, or trusted ally—will make all the difference. Recovery can feel isolating at times, but with the right support, you'll be reminded of your strength and capability when doubts creep in.

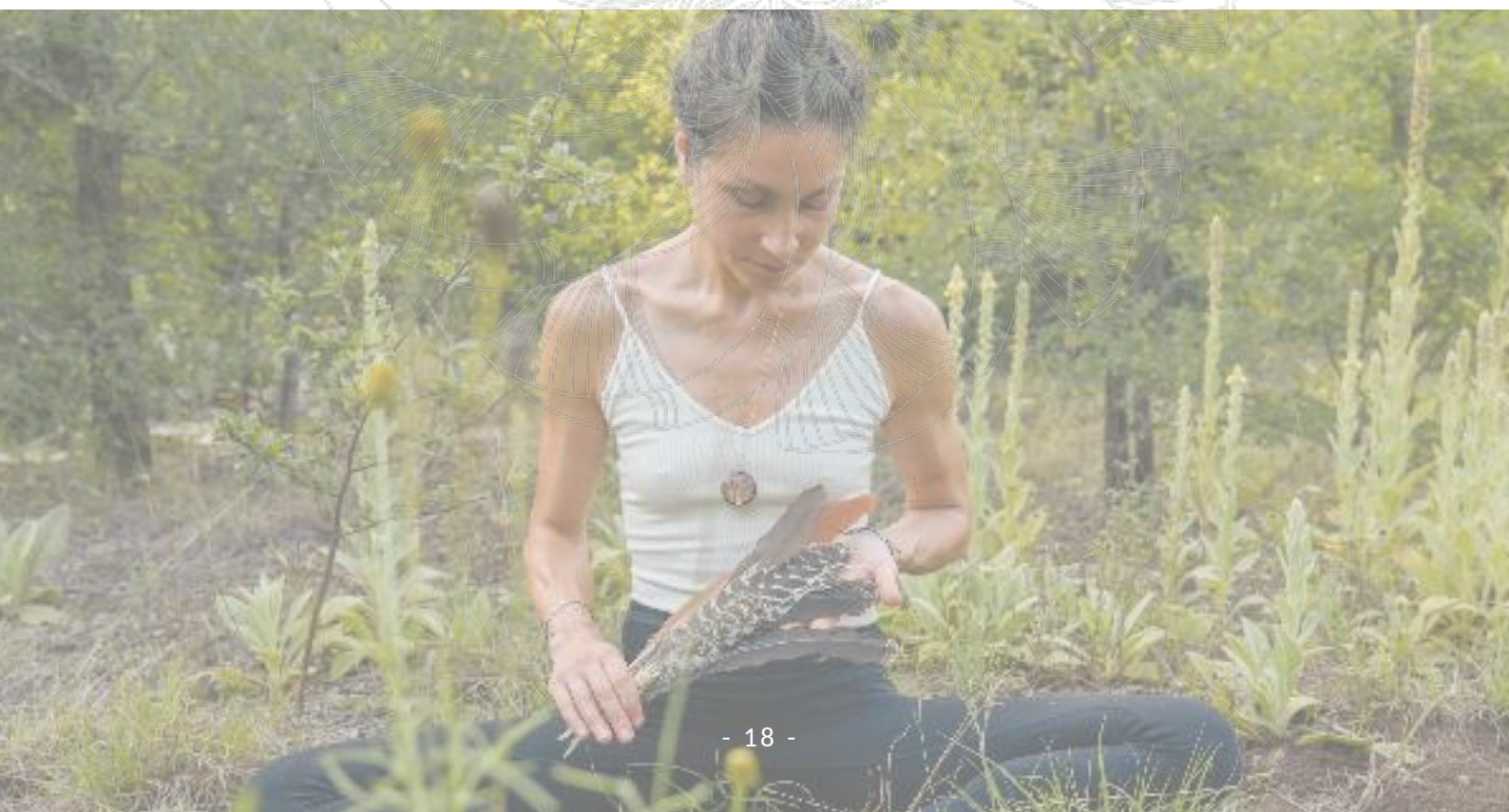
Remember, the journey may take time, but with patience, dedication, trust, faith, and the right guidance, you'll discover the freedom and peace you've been seeking. Each step forward, including the step of reading this guide, is a victory to be celebrated.

# Binge free blueprint final thoughts

Thank you for taking the time to reach the end of this guide. Over the past years, I've had the honor of guiding countless others through the transformative process of breaking free from harmful patterns and stepping into lives of greater balance and peace. While the journey of change may look slightly different for everyone, the framework outlined here represents the essential steps I've found to be foundational for anyone walking this path of healing.

I wish you peace and ease as you move forward, knowing that every small step is a victory in the right direction.

*And remember*, transformation is a process, and as life happens there are tons of ups and downs. It's a journey of discovery and it takes courage to become who you really are. Desire and willingness are the keys to transformation. If you have those, anything is possible.



# If you are ready to take the next step, I'd love to connect



If you are curious to explore what this process could look like for you, you're welcome to schedule time with me to chat using the link below. I'd love to hear about where you are on your healing journey and offer resources and suggestions to inform your next step.

Sometimes it turns out that we're not the best match. If that's the case, I'll gladly guide you toward other professionals who may be better suited to support you.

With loving kindness,

Pritham Tara

[Schedule a Free Connection Call](#)



# DISCLAIMER

*This guide is for educational and informational purposes only. It does not constitute medical advice, professional diagnosis, or treatment of any physical or mental health condition. Pritam Tara is not a licensed medical professional, and the practices, tools, or suggestions shared here are not intended to diagnose, treat, cure, or prevent any illness.*

*This guide is intended to support mindful, conscious, and informed exploration of holistic health practices—should you choose to engage with them—for the purpose of healing, transformation, and personal development. Engaging with any new health practice carries inherent risks, including potential contraindications with certain medical conditions or medications. It is your responsibility to conduct thorough research and consult with qualified medical professionals before making decisions about your health.*

*Ultimately, you are responsible for your choices regarding your body, your physical and mental health, and your life. Please use discernment and take full ownership of your decisions.*