

Food Addiction is Real!

Among the most destructive aspects of addiction is an inability to control one's behavior, which results in a reduced quality of life.

Food Addiction

Treatments:

- Identifying and avoiding foods that trigger cravings
- Identifying and avoiding situations that trigger cravings
- Drink more water
- Exercise
- Relaxing with deep breathing exercises or meditation
- Distractions until the compulsion to eat passes (such as reading or journaling)
- Adopting a healthy lifestyle of appropriate eating and regular exercise
- Achieving and maintaining a healthy weight
- Establish a network of support to ensure continued recovery.

Some Foods Are As Addictive as Cocaine

28 scientific studies on food addiction were published last year. The data is so overwhelming proving that processed foods and sugary drinks hijack the brain in ways similar to cocaine, nicotine and other drugs.

As the evidence expands, the science of addiction could become a game changer for the \$1trillion dollar food and beverage industries. Meanwhile food company executives claim that nothing has been proven.

2 out of 3 Americans are overweight and science says that salty, sweet and fatty foods triggers your body just like some drugs.

Symptoms of Food Addiction

1. Food is all you think about
2. You want to stop—but you can't
3. You eat in secret or lie about what you've eaten
4. You eat beyond the point of fullness
5. You are compelled to eat when you are not hungry or are feeling low
6. You eat over emotions
7. Your weight is affecting your way of life
8. You have tried and failed to control eating



Neal Bernard says food causes chemical reactions and these chemicals are addictive.

Now the focus is on how the food companies are manipulating food to make food more addictive. According to Bernard, learning which foods triggers us to eat more of them is the first step to controlling the cravings.

The Archives of Gen-

eral Psychiatry found that a chocolate milkshake may affect the brain in the same way that cocaine might. Researchers are finding that high-sugar and high-fat foods hijack the brain into not just craving but needing certain kinds of food.

Brain scans of obese people and compulsive eaters reveal disturbances in brain reward circuits similar to those experienced by drug abusers.

Most people know that foods with caffeine are addictive but research is also showing that foods containing sugar, highly processed sugars and grains, and those high in fat are also addictive.

Right Weigh Clinic

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Right Weigh Clinic is dedicated to helping people obtain and maintain a healthy weight by teaching patients the truth about our processed foods and how we metabolize them.

At Right Weigh, your first visit will include:

1. Body Mass Analysis
2. Physician Exam
3. Nutrition class
4. Metabolic injection (adenosine monophosphate)
5. Tailored menu and exercise plan
6. Weekly weigh-ins
7. Prescription for appetite suppressants if needed and qualified medically
8. Access to Monday night classes focused on empowering our patients with the tools to stay healthy

***Empowering You Through Education and
Medical Support***

