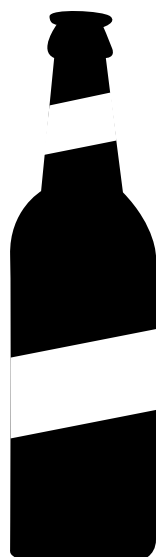


3 FACTS ABOUT FOOD ADDICTION

Food addiction is a more serious problem than many people realize. Learn the facts, signs, and symptoms of food addiction.



SIMILAR AFFECTS TO ALCOHOL

In 1994, Nobel et al at UCLA discovered that some obese adults who were “bingeing on dense carbohydrates” and who were neither alcoholic nor drug addicted had the same D2 dopamine gene marker that distinguished alcoholism and other drug addictions.

www.foodaddictioninstitute.org



IT AFFECTS MILLIONS

According to estimates by David Kessler, professor at UCSF and former commissioner of the FDA, there are more than 70 million food-addicted adults in the United.

www.addictionhope.com



FAT & SUGAR CAN MAKE YOU HIGH

Fatty, sugary foods release chemicals called opioids into our bloodstream, triggering the release of dopamin, a feel-good hormone also produced during sex, compulsive gambling and drug activity.

<http://science.howstuffworks.com>



SYMPTOMS OF FOOD ADDICTION

- Uncontrollable eating or bingeing, even when an individual is not hungry
- Eating rapidly and often eating alone
- Overeating is followed by a sense of guilt and shame
- Preoccupation with body weight and distorted body image
- Withdrawing from social activities due to embarrassment about weight
- A history of unsuccessful dieting
- Depression or mood swings

www.healthguideinfo.com