

Understanding Food Addiction in America

Many people define Food Addiction as not being able to stop eating once you've started.

Triggering the Addiction

Craving more and more of the same types of foods is quite common among food addicts. The most common trigger foods for food addicts tend to be high in sugar and white flour.



“ Sugar activates our brain in a special way. That’s very reminiscent of...drugs like cocaine. ”

Eric Stice

Neurologist at Oregon Research Institute

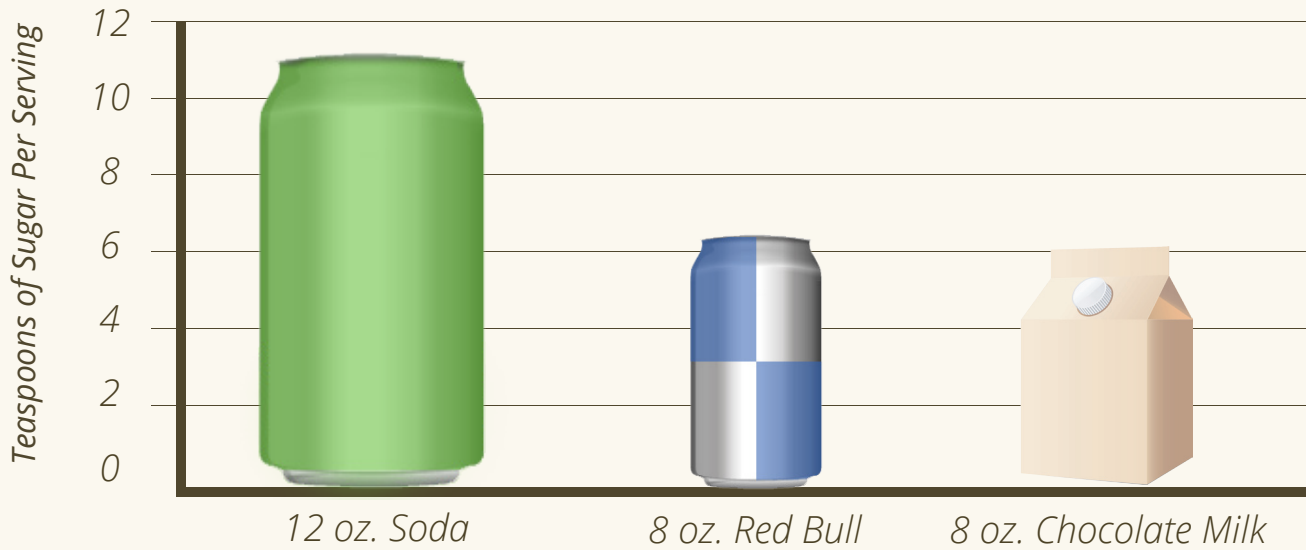
Symptoms of Food Addiction

Below are five common behaviors of food addicts

- 1 The inability to stop eating once he/she has started.**
(eg. Eating an entire box of cookies versus just one or two)
- 2 Thinking about food constantly** -- what you're going to eat, what you just ate
- 3 Emotional Eating** -- coping with emotional situations by eating, but needing to eat more and more to achieve the desired effect, such as increased pleasure or reduced negative emotions
- 4 Eating in Private or Hiding Food**
- 5 Trying and Failing at Many Different Diet Programs**

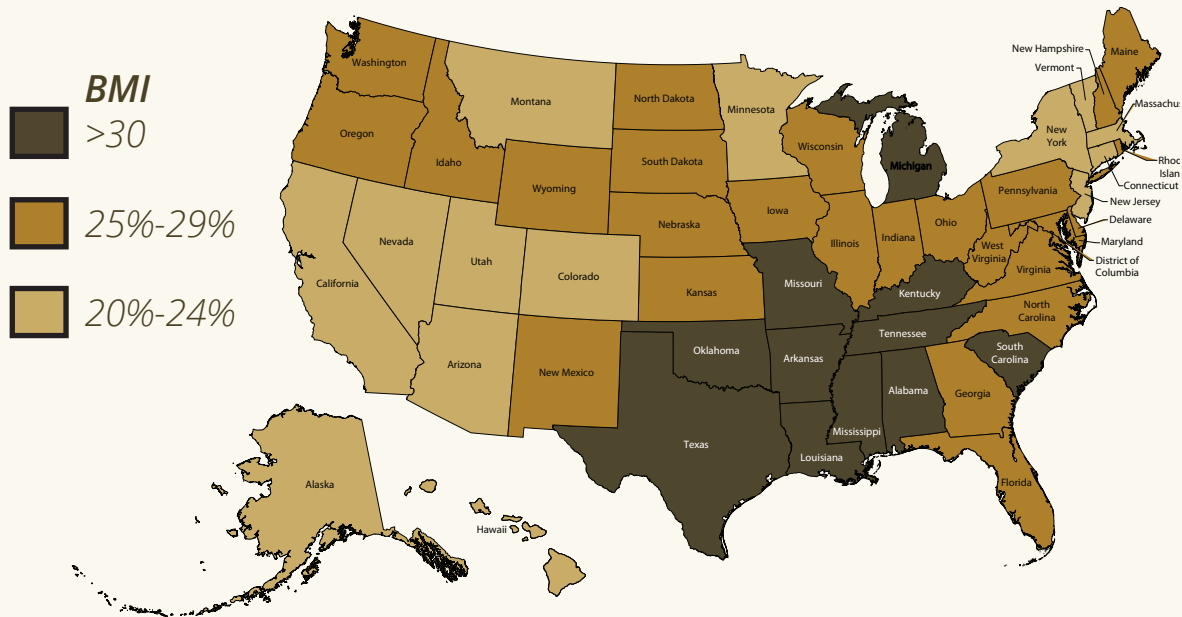
If Sugar *Didn't* Dissolve Would You Still Drink it?

Let's examine the average amount of sugar found in popular drinks



Our population is growing (**heavier**)

But excess weight can often be a signal of a much larger issue of addiction



35.7%

Percentage of U.S. adults that are considered obese. (BMI of 30 or higher)

78 Million

Number of Adults in the United States that are considered obese. (BMI of 30 or higher)

Excess Weight is just One Byproduct, But There Are Others



Type 2 Diabetes



Heart Disease

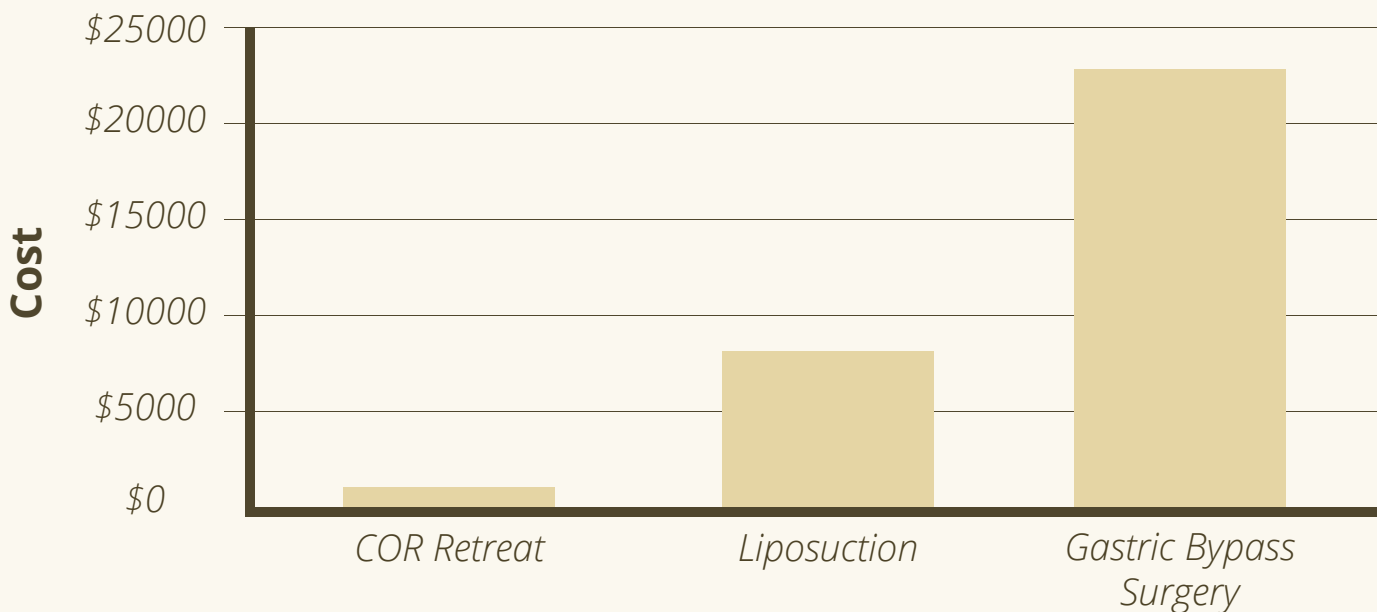


Anxiety or Depression

Not All Treatment Options are Created Equal

Treatment options vary in cost and effectiveness.

Some treat only the excess weight, others treat the problem that causes the weight gain



COR Retreat

A Food Recovery Program

Learn more at www.cormn.org

COR is a residential retreat located in Wayzata, MN that teaches a way to live free from the obsession with food and the excess weight it causes. It is a proven method to stop overeating.

Sources

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