







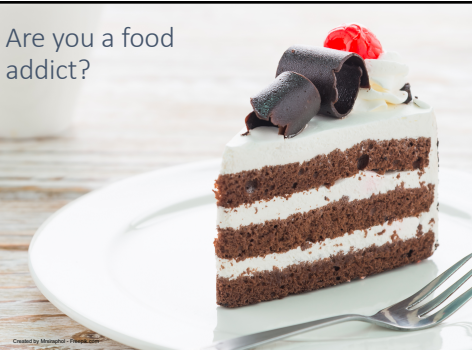
Step #6: Ask
this question





Step #7 – Take your glasses off

Are you a food
addict?



Do you turn to food
when you are stressed?





Are you tired of the rollercoaster of dieting?



Are you obsessed
with thoughts
about food or your
body?

It's not about
the food ...



Food
addiction: fact
or fiction

“(Research studies) suggest that even highly palatable food is not addictive in and of itself.

Rather, it is the manner in which the food is presented (i.e., intermittently) and consumed (i.e., repeated, intermittent “gorging”) that appears to **entrain** the addiction-like process.”
— (Corwin and Grigson, 2009)



Food is not ordinarily like a substance of abuse, but **intermittent bingeing and deprivation** changes that.

Sugar may be “addictive” for some individuals when consumed in a “binge-like” manner.

Avena, et al. 2008. [Neurosci Biobehav Rev. 2008; 32\(1\): 20–39.](#)


Think of a time when....

- Think of a situation that still holds some emotional charge for you.
- Write down your thoughts, emotions, judgments and fears about this situation
- What are the **facts** of the situation?

What's in your pain ball?

How do you use food?

Strategies for Overcoming Food Addiction



Diet for a healthy brain

- Curcumin – reduces brain inflammation
- B-Vitamins – improves memory and stress management
- Vitamin D – preserves cognition and immunity
- Iron – improves cognitive function in young women

Treatment of leaky gut syndrome

Prebiotics — (nondigestible food fibers that act as food for probiotics) — found in wild yam/other root vegetables, jicama, agave, whole grains, bananas, onions, garlic, honey, artichokes

Probiotics

Glutamine — boosts immune function, removes ammonia from the body, aids in brain function and digestion

Take omega 3 fatty acids to reduce inflammation

#2 Detox the mind

Mindfulness



Emotional Regulation



Created by iStock - Pexels.com

Yoga — Limbic therapy

- Yoga for TRAUMA
- Yoga may reduce many Insulin resistance syndrome risk factors for heart disease
- Stress reaction



The science of whole-body healing

Miracles Beyond Medicine
Carolyn C. Ross, MD 2003



Illness is a call to action

A call from the spirit



There are many roads to healing



In all situations, choose the thought action that makes you feel the most whole

