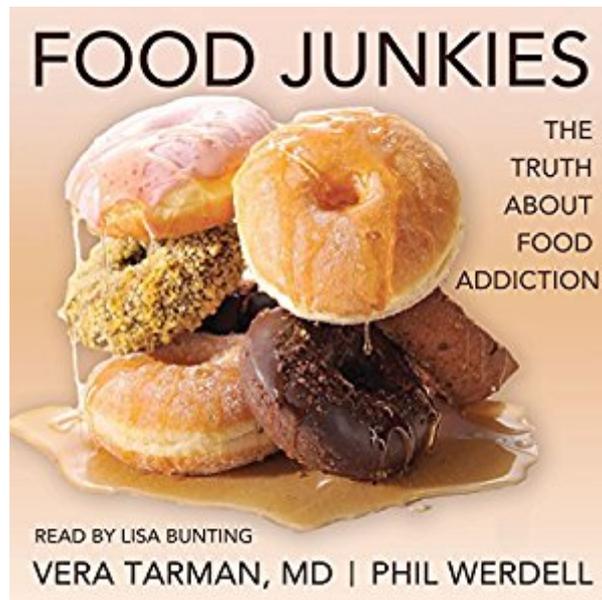


The book was found

Food Junkies: The Truth About Food Addiction



Synopsis

A fact-filled guide to coping with compulsive overeating problems by an experienced addiction doctor who draws on many patients' stories of recovery. Overeating, binge eating, obesity, anorexia, and bulimia: Food Junkies tackles the complex, poorly understood issue of food addiction from the perspectives of a medical researcher and dozens of survivors. What exactly is food addiction? Is it possible to draw a hard line between indulging cravings for "comfort food" and engaging in substance abuse? For people struggling with food addictions, recognizing their condition - to say nothing of gaining support and advice - remains a frustrating battle. Built around the experiences of people suffering and recovering from food addictions, Food Junkies offers practical information grounded in medical science, while putting a face to the problems of food addiction. It is meant to be a knowledgeable and friendly guide on the road to food serenity.

Book Information

Audible Audio Edition

Listening Length: 8 hours and 20 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Post Hypnotic Press

Audible.com Release Date: July 7, 2016

Language: English

ASIN: B01124PLTA

Best Sellers Rank: #38 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders
#54 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #60 in Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

The premise of "Food Junkies," by Vera Tarman, M. D., in consultation with Philip Werdell, is that food addicts should abstain from sugar, caffeine, artificial sweeteners, wheat, saturated fats, and any highly processed foods that they are powerless to resist. This is a controversial idea, since most doctors and diet gurus do not recommend permanently avoiding particular foods. On the contrary, they tell their patients to eat more sensibly (whole grains and fruits and vegetables are good; foods high in sugar, saturated fat, and salt should be eaten sparingly), but few go to the extreme of advocating swearing off one's favorite foods. The authors candidly admit that "there is very little clinical research available today to support our claims that food is addictive." A self-proclaimed food

addict herself, Dr. Tarman asserts that food addiction is not that dissimilar to compulsive gambling, alcoholism, smoking, or illegal drug use. She states that "treating food additions requires that the addictive agents--the foods that serve as triggers--be identified and terminated." Tarman goes on to say that when food addicts relapse, "they are taking the `tiger out of the cage.'" This is tough advice to swallow, since most individuals, ranging from the mildly overweight to the morbidly obese, do not relish saying goodbye to cake, candy, ice cream, soda, and potato chips. Unfortunately, the case studies in this book indicate that, for certain people, doing so may be a matter of life or death."Food Junkies" takes us on a harrowing and unforgettable journey, in which we meet men and women who binge, purge, starve, overdose on laxatives, and engage in other fruitless efforts to bring their weight under control.

[Download to continue reading...](#)

Video Game Addiction: The Cure to The Game Addiction (Addiction Recovery, Addictions, Video Game Addiction, Online Gaming Addiction) Food Junkies: The Truth About Food Addiction Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) The Gambling Addiction Cure: How to Overcome Gambling Addiction and Problem Gambling for Life Check the Technique: Liner Notes for Hip-Hop Junkies Adrenaline Junkies and Template Zombies: Understanding Patterns of Project Behavior The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) The Truth about Alcohol (Truth about (Facts on File)) Finder Volume 5: Truth in the View Finder (Yaoi) (Finder: Truth in the Viewfinder) Between Breaths: A Memoir of Panic and Addiction Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Silver Screen Fiend: Learning About Life From an Addiction to Film We All Fall Down: Living with Addiction The Biology of Desire: Why Addiction Is Not a Disease Trends International 2017 Wall Calendar, September 2016 - December 2017, 11.5" x 11.5", Coffee Addiction By Cory Steffen Critters Cry Too: Explaining Addiction to Children (Picture Book) Sally's Baking Addiction: Irresistible Cookies, Cupcakes, and Desserts for Your Sweet-Tooth Fix Sally's Candy Addiction: Tasty Truffles, Fudges & Treats for Your Sweet-Tooth Fix Bobby Flay's Barbecue Addiction

[Dmca](#)