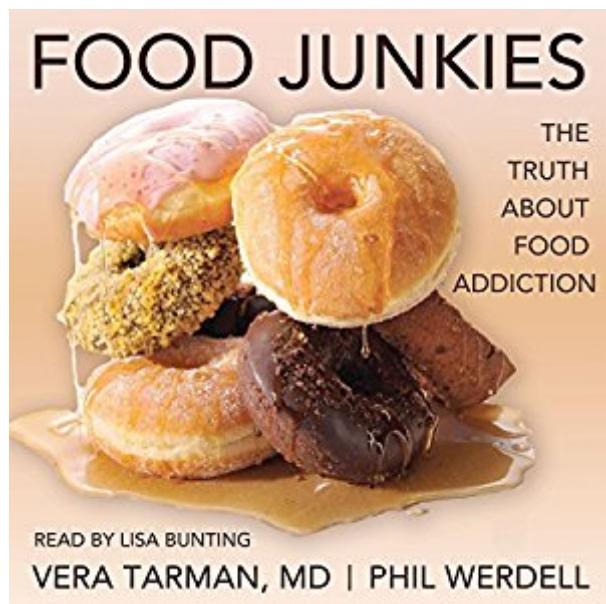


The book was found

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

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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 addictions 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.

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