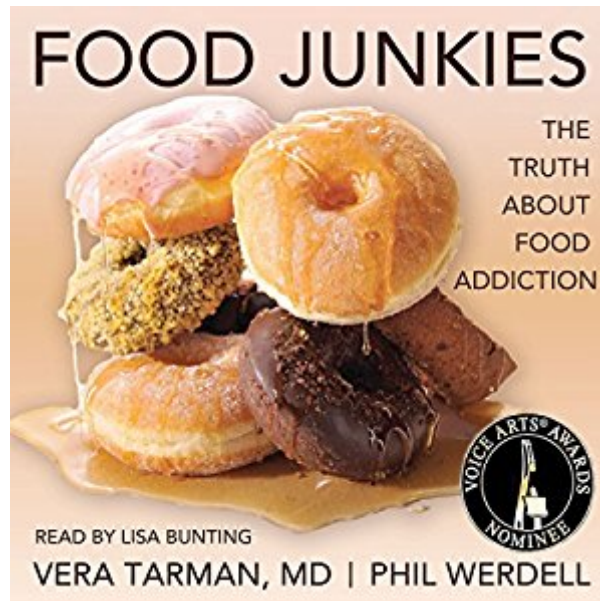




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# Food Junkies: The Truth About Food Addiction



## Synopsis

2016 Voice Arts Award Finalist 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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## Customer Reviews

This book is just what the doctor ordered. It spells out the truth plain, simple and in depth. This is one of the few topics I consider myself truly knowledgeable on (due to years of self experimentation and heavy reading) but I still found it so straight forward and all encompassing that I am glad I didn't write it off because I thought I knew too much to benefit. Now we just need the rest of the medical industry to catch up! (yeah that'll happen never)

This book is inspiring and truthful about human addiction. The reality of the struggle most people have with their weight loss fight and the reasons behind the struggle.

This is essential reading for anyone concerned with or about food addiction. It provides much needed medical and scientific information about the nature of food addiction -- something that is very misunderstood. The book also brings in the human element by relating stories of people in the various stages of food addiction -- those that came successfully into recovery and those that were ultimately defeated by this disease.

Great read especially for a lay person like me It pulls together the science and theories of compulsive overeating in an easy to read and intelligible way. The perspective of authors who are food addicts and living in recovery really speaks to me. This is a must read to clarify the triggers of the addiction. For me, it reinforces that for food addicts abstinence from trigger foods is the starting point for recovery and emphasizes personal relationships and service to others helps keep us in recovery. I feel so lucky to have found this book!

One of the better eye opening books I have read on food addiction and how to go about treating it.

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. These depressing stories give us pause since, for these individuals, nothing has worked. They tried diets, pills, surgery, and psychotherapy, losing thousands of pounds cumulatively, only to regain the weight later. Many were closet eaters who stole and hoarded food, stuffed themselves in secret, and ended up depressed and filled with self-loathing. Both Tarman and Philip Werdell, another food addict who is a counselor and educator, learned the hard way that there are no shortcuts to food sobriety. First, we must detoxify our bodies and eliminate our cravings for sugar, wheat, and salt. Only when we are cleansed of our desire for trigger foods, can we embark on the road to better health. If this means weighing one's food, keeping a diary, joining a twelve-step program or support group, becoming more spiritual, and/or making other behavioral changes, so be it. This thought-provoking work of non-fiction will interest anyone who has repeatedly tried and failed to free himself from the shackles of food addiction. "Food Junkies" has excellent endnotes, a thorough bibliography, and a useful index.

Kay Sheppard has written a well done book on food addiction. This book may be a good read for someone just getting a better understanding of his or herself with regards to food addiction. I purchased this book based on a podcast I listened to. I would not buy this book again. Information is not new and somehow this read for me as a bit boring.

gerat book with a lot of scientific information. Not just someones opinion.

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