



'WEIGHT-LOSS' SCHEMES CAN MAKE FOOD ADDICTION WORSE

Goal of the Handout: Describes the ways in which weight-loss schemes can make food addiction worse.

Application: The Handout can be used by food addicts to understand the relationship between failed weight-loss programs and the development of food addiction. With this awareness, food addicts can shed painful self-blame for weight struggles. The Handout can also help food addicts resolve to build a sufficient program to counteract the effects of repeated weight-loss attempts.

Some 'weight-loss' schemes may actually make food addiction worse. This may occur for a number of reasons:

- The scheme creates nutritional deficits which cause the body to crave foods.
- The scheme contains addictive foods which trigger cravings in the brain.
- The scheme can cause stressful physical or emotional conditions. Stress is a trigger for food addiction.

A. THE 'WEIGHT-LOSS SCHEME' PROMOTES CRAVINGS THROUGH MALNUTRITION

- Calorie restriction has been shown to promote food obsession and intensify cravings.
- Low-carb, low-salt, low-fat diets create nutritional deficits which can lead to intensified cravings for sugars, flours, salty foods, and fatty foods.
- Partial foods such as egg whites and skinless chicken leave the body yearning for the nutrient-rich yolks and skin.
- Weight-loss surgery is plagued by malabsorption of nutrients and encourages switching to liquid addictive substances as well as recreational drugs which pass through the surgery easily.
- Liquid replacement meals are not food. When 'food' is reintroduced, addictive foods are typically included which re-establishes the disease of food addiction.

B. THE 'WEIGHT-LOSS' SCHEME CONTAINS ADDICTIVE FOODS WHICH TRIGGERS CRAVINGS

- Diet food products are highly processed addictive foods.
- Small portions of processed food products
- Point systems that allows for 'splurges' of processed foods that activate the addiction.
- Artificial sweeteners have been shown to be chosen by rats over heroin and cocaine.
- Exercise for weight-loss promotes the delusional idea that we can eat addictive processed foods and then exercise them away.

- Celebrity 'diet' cookbooks that promote desserts made from addictive substances.
- Liquid protein schemes which are followed by reintroduction of addictive foods.

C. THE 'WEIGHT LOSS' SCHEME DAMAGES KEY BODY FUNCTIONS CAUSING STRESS.

- Pharmaceuticals have resulted in a variety of physical and emotional damage and further, weight returns when the drugs are stopped.
- Hormone 'therapy' has consequences such as loss of menses, infertility, and nausea, vomiting and dehydration.

A safer route to weight loss is to eliminate obesogenic, processed foods from the diet and replace them with unprocessed foods such as meats, poultry, fish, vegetables, fruits, non-gluten grains, beans and cold-pressed oils.