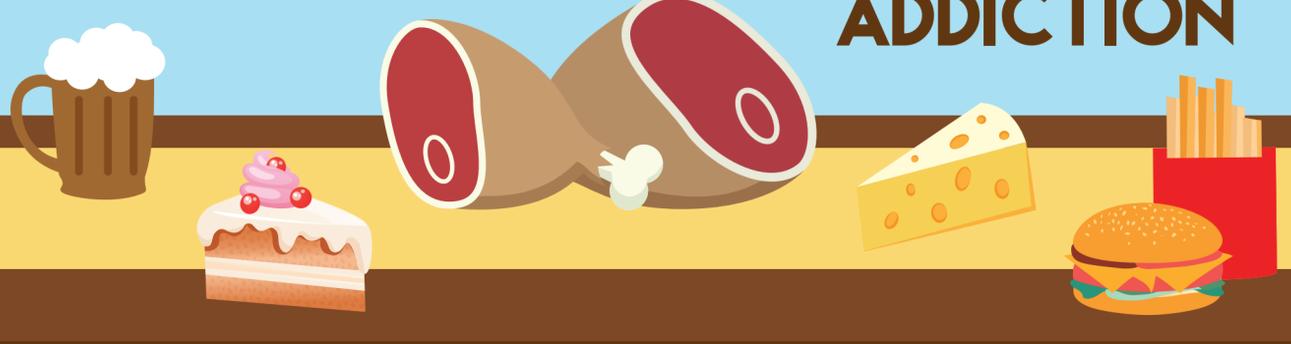


DO YOU HAVE A FOOD ADDICTION?



Although frequently debated, food addiction is absolutely real. Just as a drug addict must have their fix of drugs to feel good, escape negative feelings and just get through the day - so must a food addict get their 'fix' of food.

And also, just like a drug addict or alcoholic, craving for and giving in to their desires is not a choice. Certain foods trigger dopamine, or the 'feel good' chemical in the brain, slowly re-wiring the food addict's brain to crave certain foods as strongly as any drug addict craves drugs. The most common foods craved by those with a food addiction typically lay within five categories (or are a combination of 2 or more).



What some people may see as a 'simple over-eating problem' could actually be a food addiction - and could lead to some very harmful and unhealthy consequences. To find out if you might have a food addiction, take the quiz below.

The Cabin's Food Addiction Quiz

Thinking about your feelings and habits on a regular day-to-day basis, decide whether you **agree** or **disagree** with the following statements to determine if you have a food addiction

- 1.** I often end up eating more than I planned of certain foods.

agree **disagree**
- 2.** I often consume food continuously even when I'm not hungry.

agree **disagree**
- 3.** I frequently eat until I feel physically sick.

agree **disagree**
- 4.** I get anxiety when I think about cutting back on (or not eating) certain foods.

agree **disagree**
- 5.** I constantly nibble on food (especially certain foods) throughout the entire day.

agree **disagree**
- 6.** I go out of my way to get certain foods at least once a week. (i.e. driving to get a specific food even when you have plenty of other food at home.)

agree **disagree**
- 7.** I have chosen to eat food instead of fulfilling responsibilities such as work, family time, social events or hobbies I used to enjoy.

agree **disagree**
- 8.** I have eaten so much food that I spend time dwelling on it instead of fulfilling responsibilities such as work, family time, social events or hobbies.

agree **disagree**
- 9.** I have, on occasion, avoided professional or social gatherings for fear of over-eating the food available.

agree **disagree**
- 10.** I have chosen to avoid gatherings where I knew I would not have access to certain foods I desired.

agree **disagree**
- 11.** When I have cut down or stopped consuming certain foods I experienced withdrawal symptoms such as anxiety, mood swings, or other physical symptoms. (Please note: withdrawal symptoms resulting from reducing your intake of caffeinated beverages like coffee, tea, soda, etc. may not be included)

agree **disagree**
- 12.** I often soothe negative feelings such as anxiety, depression by over-indulging in certain foods.

agree **disagree**
- 13.** If I decide to cut down on or stop eating certain foods I suddenly get a very strong craving to eat them.

agree **disagree**
- 14.** I spend a significant amount of time thinking about what I will eat each day.

agree **disagree**
- 15.** I spend a significant amount of time in distress over the amount of food I have eaten in a day or period of time.

agree **disagree**
- 16.** I experience major problems when it comes to my ability to function in daily routines (work, school, social life, family time) because of food and over-eating.

agree **disagree**

If you **agreed** with 4 or more of these statements,

there is a chance that you have a **food addiction**. And while it may seem safer to have a food addiction rather than a drug addiction - food addiction can lead to very serious health, psychological and social consequences and should not be taken lightly.



Physical Effects of Food Addiction

- Heart disease
- Malnutrition
- Chronic pain
- Headaches
- Stroke
- Diabetes
- Obesity
- Sleep disorders
- Lethargy
- Kidney/Liver disease
- Digestive problems
- Chronic fatigue
- Reduced sex drive
- Arthritis
- Osteoporosis



Psychological Effects of Food Addiction

- Low self-esteem
- Increased anxiety
- Increased irritability (especially if access to certain food is restricted)
- Emotional detachment or numbness
- Depression
- Feeling sad, hopeless, or in despair
- Panic attacks
- Suicidal ideation



Social Effects of Food Addiction

- Decreased performance at work or school
- Division within family units
- Avoidance of social events or functions
- Isolation from loved ones
- Lack of enjoyment of hobbies
- Risk of jeopardizing finances or career