



Food and Addiction: A Comprehensive Handbook

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Can certain foods hijack the brain in ways similar to drugs and alcohol, and is this effect sufficiently strong to contribute to major diseases such as obesity, diabetes, and heart disease, and hence constitute a public health menace? Terms like "chocoholic" and "food addict" are part of popular lore, some popular diet books discuss the concept of addiction, and there are food addiction programs with names like Food Addicts in Recovery Anonymous. Clinicians who work with patients often hear the language of addiction when individuals speak of irresistible cravings, withdrawal symptoms when starting a diet, and increasing intake of palatable foods over time. But what does science show, and how strong is the evidence that food and addiction is a real and important phenomenon?

Food and Addiction: A Comprehensive Handbook brings scientific order to the issue of food and addiction, spanning multiple disciplines to create the foundation for what is a rapidly advancing field and to highlight needed advances in science and public policy. The book assembles leading scientists and policy makers from fields such as nutrition, addiction, psychology, epidemiology, and public health to explore and analyze the scientific evidence for the addictive properties of food. It provides complete and comprehensive coverage of all subjects pertinent to food and addiction, from basic background information on topics such as food intake, metabolism, and environmental risk factors for obesity, to diagnostic criteria for food addiction, the evolutionary and developmental bases of eating addictions, and behavioral and pharmacologic interventions, to the clinical, public health, and legal and policy implications of recognizing the validity of food addiction. Each chapter reviews the available science and notes needed scientific advances in the field.

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Editorial Review

Review

"Brownell and Gold offer in-depth information on subjects ranging from the neurobiology and neurochemistry of addiction to the genetics that may predispose a person to food abuse... Summing Up: Recommended. Graduate students, researchers, professionals." -- B.L. Marshall, William Paterson University of New Jersey, *CHOICE*

"As obesity becomes a global epidemic, clinicians and researchers continue to seek more relevant methods for treatment and prevention. This book will help me view patients dealing with eating issues from a more informed, better educated perspective. It covers this very complex issue in a detailed, yet manageable fashion. The book is a pleasure to read and provides helpful citations for further information." -- *DOODY'S*

About the Author

Kelly D. Brownell, Ph.D., is Dean and Professor of Public Policy at the Sanford School of Public Policy at Duke University. Dr. Brownell is a member of the Institute of Medicine and in 2006 was named by Time Magazine as one of the World's 100 Most Influential People.

Mark S. Gold, M.D., is the Donald Dizney Eminent Scholar, Distinguished Professor, and Chair of Psychiatry at the University of Florida, College of Medicine. Dr. Gold is a member of the McKnight Brain Institute and has worked for 40 years in translational addiction research. He is also an author, mentor, and inventor who has developed new treatments and models for understanding addiction and overeating.

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