

Why diets don't help food addicts



Food addicts have a biochemical sensitivity to some substances that affect them differently than they affect others. A menu change is certainly in order, but so are other changes — in attitude, lifestyle, and more.

Who needs to know this?

- * Overeaters, whose spirit has been battered by repeated failures to fix a condition they may not understand.
- * Family members, who often agonize over the letdowns as if they are their own.
- * Society at large, which bases judgments and policy on the same misunderstandings.

“My students were thoroughly engaged not only by Michael’s grasp on his topic, but by his humor and infectious enthusiasm.

~ *Belle Liang*
Boston College

Author, journalist, and speaker

Michael Prager

understands the experience and implications of food addiction as few do.

He offers encouragement, hope, and concrete pointers.

“Interesting, engaging, and thought-provoking. I definitely recommend him.”

~ *Kathleen Hennrikus*
Rainbow
Lifelong Learning
Institute

