



Food and Addiction: A Comprehensive Handbook (Paperback)

By -

Oxford University Press Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. 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...



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-- **Dr. Thaddeus Turner PhD**

Absolutely among the best book We have ever study. It is actually writer in easy words instead of hard to understand. I found out this publication from my i and dad encouraged this book to find out.

-- **Kristina Rippin**