


IT'S NOT YOUR FAULT



Weight Gain, Obesity and Food Addiction

By Emanuel Barling, Jr., Esq. and Ashley F. Brooks, R.N.

Its Not Your Fault Weight Gain Obesity And Food Addiction

**Emanuel Barling, R. N. Ashley F.
Brooks**



Its Not Your Fault Weight Gain Obesity And Food Addiction:

It's Not Your Fault Emanuel Barling, R. N. Ashley F. Brooks, 2010-12 The plight of overweight and obese Americans has fostered a national debate that has poured over into television talk shows such as Oprah and the Nightly News Oprah Winfrey devoted an entire show to the N Y Times Bestseller Women Food and God asking viewers to email their comments to her web page Our reactions to the limited theories advanced on that show are contained in the book American obesity rates are the highest in the world Sixty eight percent of adults are categorized as overweight One third of them are diagnosed as clinically obese There are nearly 7 million overweight and obese children in the U S today Childhood obesity statistics show that obese children have a 70% chance of becoming obese adults The percentage increases to 80% if either one or both parents is obese as well Americans did not get fat overnight nor did some mosquito spread a deadly virus that causes obesity Eating until becoming obese is now the leader in American addictions surpassing cigarettes and alcohol There are tangible reasons why Americans are gaining weight becoming obese or cannot lose it The so called healthy foods you re eating are making you fat and ill The research cited in the Reference section proves that weight gain and obesity are the result of an addiction to many chemical food ingredients the dangers of genetically modified fruits and vegetables and the damage to the human body caused by foods containing synthetic growth hormones carcinogens and antibiotics found in factory farmed meats and dairy We ask and answer the questions Are you eating a lot of salads but still gaining weight Juicing and still gaining weight Drinking so called health food shakes to lose weight without success Changing your diet so often you feel like a yo yo Can t stop eating Finding working out impossible because you are getting too overweight to walk jog or exercise for very long Are you considering a drastic means to lose weight such as liposuction gastric bypass or lap band surgeries PLEASE STOP NOW It s Not Your Fault The information in this book led to one author losing more than 80 pounds and the other losing 20 And they are still losing weight This is a new approach to losing weight The authors show you how to change your diet and lose weight without giving up your favorite type of foods The only sacrifice is switching brands containing dangerous chemical additives for a healthier version We teach you how to do it It s easier than you think The book describes the causes of food cravings overeating addiction and discuss food allergies delayed food intolerance and the dangerous addictive chemicals used by food manufacturers that cause the compulsive obsessive eating that leads to obesity We offer a 90 day challenge and easy 12 step dieting rules that can start readers on their way to losing weight Diabetes heart disease and other illnesses are complications caused by weight gain This book enlightens and empowers people to lose weight and improve their health We also discuss how certain chemical food addictions in children originate with the eating habits of pregnant mothers that start in vitro We offer important information to help expectant mothers stop the cycle of addiction I m having great fun already with the book Fascinating read And extremely informative I m appalled at the extent of my ignorance Barbara Paskin BBC Weight Gain: When It's Not Your Fault Dr. Lance Dean Ashworth, 2013-12-20 In Weight

Gain When It s Not Your Fault Dr Lance Dean Ashworth reveals that the struggle with weight is in most cases caused by a number of surprisingly common medical conditions He explains how your symptoms the lab values the condition and the cure all come together to help you lose weight Some of the medical conditions that he sites are an underactive thyroid gland hypothyroidism anemia post menopausal hormone deficiencies in women and psychological issues among other conditions Dr Ashworth explains that physicians focus their attention on the individual diseases that result from being overweight or obese while ignoring the potential cure weight loss itself Instead of the Band Aid approach to such diseases as diabetes and high blood pressure physicians must focus on the cause of these conditions in their overweight patients which is fatty tissue He contends that a paradigm shift in the treatment of obesity is long overdue a shift from the reactionary mentality of the current medical environment to a proactive cure driven focus on the conditions associated with obesity Weight Gain When It s Not Your Fault provides the knowledge you need to ask your physician the right medically relevant questions These questions will guide you and your physician to determine how and why you gained weight in the first place

The Change Your Biology Diet Louis J. Aronne, 2016-01-05 Overcome addictions to sugar fat and salt and achieve permanent weight loss with advice from the New York Times bestselling author of *The Skinny* Louis J Aronne M D internationally recognized weight management expert and director of the Comprehensive Weight Control Center at Weill Cornell Medical College has created the Change Your Biology Diet a proven program that helps people break through weight loss resistance to drop excess pounds and keep them off Dr Aronne s approach unlike fad diets focuses on biological factors that cause weight gain For example overeating the wrong kinds of food namely highly processed starchy sweet fatty food damages neurons in the brain s appetite center that lead to weight gain Following his plan can reverse this process With the support of his extensive knowledge and the latest research readers learn Twelve Breakthrough Strategies for Successful Weight Management such as how the order in which food is eaten affects weight loss He provides two different adaptable diets so that readers can personalize a program that works for them There are meal plans delicious recipes for protein shakes soups sauces salad dressings main courses side dishes and desserts as well as three high intensity workouts that require no equipment and can be done in less than ten minutes anywhere Beyond diet and exercise Dr Aronne covers the most recent developments in weight loss medications and bariatric procedures The Change Your Biology Diet provides readers with everything they need to know to lose weight successfully from one of the pioneers in the field of obesity medicine Let Lou help how you think and eat He might save your life as well David Letterman from the Foreword

Diet Failure...the Naked Truth: The Brain Chemistry Key to Losing Weight - And Keeping It Off! Phoenix Gilman, 2005-12 In her new book diet failure the Naked Truth Nutritional Medical Researcher Phoenix Gilman reveals why obesity is so alarmingly prevalent as well as depression ADD even type 2 diabetes and heart disease More importantly she discloses a safe highly effective solution to help overcome these health conditions without the use of deadly drugs In her progressive book Phoenix exposes the crucial Serotonin Insulin

Connection to long term weight loss Clinical studies substantiate that serotonin a major neurotransmitter plays a critical role in our ability to lose weight and keep it off However serotonin also plays a critical role directly or indirectly in alleviating depression insomnia ADD type 2 diabetes even high blood pressure heart disease and suicidal behavior But the key to all of this is understanding how to safely maintain this neurotransmitter Phoenix says Never before have I come across such compelling information that could so dramatically help millions of people This research is absolutely vital to overcoming obesity and many other serious health conditions

Fat to Skinny Fast and Easy! Doug Varrieur,2010-01-05 Originally published Maggie Valley N C Living Life Publications 2008

The Blood Sugar Solution Dr. Mark Hyman,2012-02-28 Find balance in your life and in your blood sugar with the easy to follow guide on leading a healthier life and being a happier person perfect for anyone looking to take control of their body In The Blood Sugar Solution Dr Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease stroke dementia and cancer is balanced insulin levels Dr Hyman describes the seven keys to achieving wellness nutrition hormones inflammation digestion detoxification energy metabolism and a calm mind and explains his revolutionary six week healthy living program With advice on diet green living supplements and medication exercise and personalizing the plan for optimal results the book also teaches readers how to maintain lifelong health Groundbreaking and timely The Blood Sugar Solution is the fastest way to lose weight prevent disease and feel better than ever

Diet Recovery Matt Stone,2014-09-04 Have you noticed since starting all this healthy eating dieting perfect Paleo diets wholesome Vegan escapades and all that glorious exercise that you did in the name of better health and a better appearance THAT YOU LOOK AND FEEL WORSE Eating pretty much any overly restricted diet will do these things to you Throw some healthy exercise in there with it and you ve got a recipe for shutting down your entire system It s all caused by a drop in metabolic rate Diet Recovery is your guide to bringing your metabolism back up to its ideal level When you ve had enough and you are ready to stop dieting forever get your health back on track stop obsessing over your body fat percentage be happy and join the rest of society by eating somewhat normal again there s no better book in print for you to turn to No more debilitating New Years resolutions to run a daily marathon on cabbage soup this year quit beating yourself up in 2013 and stop the dieting madness Eat the food

Interval Weight Loss for Women Nick Fuller,2020-01-07 Dr Nick Fuller one of Australia s leading obesity researchers has helped thousands of women to lose weight Now he wants to help you Women are constantly bombarded with information about the latest diets diets that can result paradoxically in weight gain and aren t grounded in any studies Now it s time to cut through all those fads There are countless reasons women gain weight including Years of dieting Going on the contraceptive pill Long hours at work Pregnancy Menopause Ageing In Interval Weight Loss for Women Dr Nick Fuller explains the six key principles behind successful sustainable weight loss He addresses all the common pitfalls and the hurdles women face and provides simple effective advice based on his work with women facing similar issues Containing delicious recipes and meal plans Interval

Weight Loss for Women allows you week by week to take back control of your body and to stop the yo yo dieting for good

Psychology Today: Breaking the Bonds of Food Addiction Susan McQuillan M.S., R.D., 2004-12-07 Finally freedom from food addiction From Alpha Books and Psychology Today magazine comes expert advice that explains the whys and hows of food obsession and compulsive overeating Readers will gain the background and tools needed to fashion a plan for happier healthier living and help themselves out of compulsive overeating starting right now It also shows readers how to work out individual food issues move beyond addiction and maintain a healthy lifelong relationship with food More than 135 million Americans are estimated to be either overweight or obese American Journal of Clinical Nutrition reported that Americans spend nearly 45 billion annually on weight loss products and services and the American Dietary Association indicates that 65% of all women are currently dieting or plan to start a diet in 2004

The Hormone Reset Diet Sara Szal Gottfried M.D., 2015-03-17 The Harvard educated physician and New York Times bestselling author of The Hormone Cure shows you how to grow new receptors for your seven metabolic hormones making you lose weight and feel great fast When it comes to weight loss most people don't think about hormones But when you develop resistance to your seven major metabolic hormones cortisol thyroid testosterone growth hormone leptin insulin and estrogen your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism And a slower metabolism leads to weight gain and difficulty losing weight The solution Dr Sara Gottfried contends is to reset the efficiency of your hormones by repairing and growing new hormone receptors Based on leading scientific research The Hormone Reset Diet is her proven weight loss and energy program to reverse hormone resistance in just three weeks It will help you Boost your metabolism and calorie burning by growing new and fresh thyroid receptors Increase your weight loss by re balancing estrogen and progesterone receptors Reverse your aging by resetting glucocorticoid receptors for better processing cortisol For the last twenty years this Harvard MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most excess weight lack of energy aging and illness Going beyond her bestselling The Hormone Cure this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss

Fasting Against Obesity: Shedding More Than Weight — Shedding What Bound You Laing Z. Matthews, 2025-09-20 You are not broken You are being harvested Fasting Against Obesity isn't another diet book It's a scalpel This is the book that rips the mask off a system that thrives when you're tired overweight addicted and ashamed It exposes the real roots of obesity metabolic confusion emotional parasites sugar driven addiction loops and a profit driven food industry that engineers your cravings But it's not just a critique It's a return map This book shows you how to burn again how to reclaim your body as altar not storage unit Obesity is not a failure of will It is the dimming of the inner fire Through a series of sharp revelatory chapters Laing Z Matthews dismantles the comforting lies we've been told That eating six times a day is healthy That fat people shouldn't fast That hunger is a threat not a signal That cravings are personal weakness not parasitic whispers You'll learn how the modern

food chain is a trap not a cycle of life but a cycle of profit You ll see how the gut is not yours alone and how microbial emotional and even social parasites feed through your habits You ll see why fasting isn t starvation it s liberation Inside you ll find The Safe Exit Protocol for fasting with metabolic intelligence A breakdown of parasite driven hunger and how to starve the invaders Ritual tools for emotional release soul restoration and food deprogramming Clear guidance on how to fast even when you re obese scared or stuck A glossary of fasting s sacred terms and a toolkit for metabolic sovereignty This is not a book that coddles It is a fire that purifies Whether you are 20 or 120 pounds overweight whether you ve failed every diet or never started one this book meets you where you are then dares you to walk out clean Not just leaner but clearer Not just thinner but freer You will confront the ghost of fake hunger You will face the fear that food has always soothed And you will learn to sit in that fire long enough to burn off what never belonged to you You are not meant to be the feast You are meant to be the flame This is your declaration of independence from addiction shame and a system designed to keep you sick Fasting is not a trend it is the oldest medicine the deepest reset and the fastest way home to the self that remembers how to burn The fat will burn The lies will starve And what remains will be light *The Emotional Eater's Repair Manual* Julie M. Simon, MA, MBA, LMFT, 2012-10-23 Despite our best intentions many of us find ourselves routinely overeating at meals snacking mindlessly or bingeing regularly As emotional eaters we turn to food for comfort soothing distraction and excitement There s a disconnection fueling our eating robbing years from our lives and we know it We re tired of restrictive diets that lead back to overeating and we re ready to try something different Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight gain emotional and spiritual hunger and body imbalance The Emotional Eater s Repair Manual presents five self care skills five body balancing principles and five soul care practices that can end overeating and dieting forever You ll learn to nurture yourself without turning to food to correct body and brain imbalances that trigger overeating and to address your soul s hunger Weight loss more energy improved health and self esteem will naturally follow *Stop Dying Fat* Eleazar M. Kadile, 2012-11-26 Stop Dying Fat Doctors Healing the Disease of Obesity is the definitive prescription for reversing obesity Eleazar Kadile M D advocates that obesity must be treated like any other life threatening disease immediately and aggressively His slendergenetic meal plan emphasizes losing dangerous fat by replacing all synthetic and processed food with natural and organic alternatives Stop Dying Fat consists of four power principles that serve to repair and revive the body through rapid weight loss with a slendergenetic meal plan that is low in carbohydrates and high in protein and healthy fat intake *The Food Addiction Recovery Workbook* Carolyn Coker Ross, 2017-09-01 When it comes to addiction abstinence isn t always the right answer and with food addiction it s impossible For readers stuck in a cycle of bingeing overeating and restricting physician Carolyn Coker Ross offers the proven effective Anchor Program Using this step by step guide readers will learn strategies to help curb cravings end body dissatisfaction manage stress and emotions without food and get off the diet treadmill once and for all **The Big Fat Mystery** Dave

Reavely,2008-05-09 Dave Reavely is a qualified teacher nutritional consultant and host of the Holistic Health Show on internet radio station My Spirit Radio Known as the Food Detective he is a nutritional practitioner who helps to identify and treat his clients food intolerances and improve their diet and lifestyles As the nutritional advisor to Jamie Johnson one of the UK s first female professional boxers his holistic approach to maximising wellbeing and performance has led him to develop a practical and effective programme that is easy to apply to our busy lives Dave is the author of The Natural Athlete and The Cool Kids Guide to Healthy Eating as well as being the nutritional expert for BBC Radio Kent and BBC Radio Newcastle He is based in Kent and is supported by the website <http://www.fooddetective.co.uk> **Breaking Out of Food Jail** Jean

Antonello,1996-05-10 A commonsense approach to food eating and appetites for everyone who wants to break the frustrating cycle of chronic dieting Jean Antonello s sensible three part program offers liberation from the most common cause of eating problems the fear of overeating Addressing the millions of American who have weight problems Antonello tells readers how not eating enough can result in overeating and weight gain **It's Not Your Fault It's Your Hormones** Mitchell R.

Suss,2019-06-25 All too often women are told that feeling overweight moody asexual tapped out dried up stressed out and sleep deprived is just part of aging Or they re led to believe that the answer can be found by taking hormone replacement treatments HRT Finally author and wellness entrepreneur Mitchell R Suss in his new book It s not your fault its your hormones offers encouragement for women seeking non pharmaceutical ways to cut down on weight mood swings hot flashes while staving off heart disease breast cancer osteoporosis and other diseases of aging Mitch s book is the answer for women struggling with weight gain and harsh menopausal symptoms that can disrupt a women s life as she ages He introduces a hormone free drug free all natural alternative program to hormone replacement therapy HRT created by women s hormone and health expert Dr Siobhan Kealy Combining natural therapies with rigorous scientific testing and comprehensive lab work Dr Kealy can identify the common causes of hormonal imbalances and abnormal weight gain As a functional medicine doctor she addresses fat loss and fat loss resistance from a completely different approach than traditional HRT practitioners Dr Kealy s program will free you from sugar cravings calorie counting and the roller coaster diet mentality It is designed to change your habits so you ll instinctively be eating in ways that are aligned with your female genetics and metabolic hormones Women today do not need to accept the hormonal hell of being fat tired stressed and never in the mood for sex It s not your fault Its your hormones Gives you a safe and effective easy to follow program to balance your Hunger Hormones lose fat gain muscle without the use of hormone pills drugs or antidepressants It s not your fault Its your hormones Brings to light the secrets that every middle age women must know to turn on your Weight loss Hormones control your Hunger Hormones and crank up your Feel Good Hormones This highly anticipated book reveals why women are experiencing the ravages of menopause weight gain night sweats irritability and how your body s own natural hormones create a seismic shift during menopause Its not your fault It s your hormones answers questions you probably didn t know enough to ask Why do

menopausal women gain weight even while exercising more and eating less Why I am accumulating a bigger waistline Why am I feeling so tired sluggish and empty Why am I not getting quality sleep And why did my sex life come to a complete stop And What Should I Do about this and how should I make it work There is no reason to suffer or expose yourself to the many side effects of HRT Its Not Your Fault Its Your Hormones Inspirational Educational Motivational *Birth And Beyond* Yehudi Gordon,2020-08-13 Written by one of the world s leading obstetricians this extraordinary book takes a totally fresh look at what parenting means in the 21st century Addressing both parents the book looks at all aspects of life through the nine months of pregnancy and the following nine of the baby s life It is both a practical handbook for pregnancy birth and the early months of a new baby s life and a stimulating exploration of this period of enormous transition Taking a holistic approach it advocates integrated health care i e both conventional and complementary therapies and with its exhaustive medical content including a 160 page A Z section also acts as a superb source of reference *The Psychology of the Body* Elliot Greene,Barbara Goodrich-Dunn,2013-01-31 Prepare your students to appropriately identify understand and respond appropriately to the phenomenon of emotional release during massage and bodywork This new edition continues to provide a crucial basis of knowledge for massage therapy and students regarding the emotional impact of effective massage therapy With a new more colorful layout this new edition has been fully revised to address the latest science around this topic Furthermore in text features aim to help students apply their learning to actual practice as a massage therapist The Electrical Body Vs Weightology Christine Maxwell,2017-08-11 Tired of diets Perhaps you are looking for help to get rid of that stubborn weight You desperately are in need of a journey to wholeness The Electrical Body vs Weightology is a book that will inspire you to take hold of your true purpose in life It will help you enjoy all the benefits of a life free of infirmities and diseases and you can experience weight loss higher energy levels and a vibration that propels you into dimensions you could only dream of Enjoy the unique format of a book a journal and recipes as a bonus You will understand how electrical food electric body higher vibration and much more Ready to take the journey

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