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Bibliography on Science and Treatment of Food Addiction up to 2009

This is a bibliography making the case for food addiction as a Substance Use Disorder. While all of the publications are a part of the argument for food as a biochemical dependency, those books and articles which are either original in making a part of the case or which give an overview of a section of the peer-reviewed professional literature are emphasized in bold type.

There are 2,734 citations: 1) A majority are specific findings in peer reviewed scientific journals studying aspects of chemical dependency on food; - biochemical effects of sugar, fat, caffeine - interacting with dopamine and serotonin receptors; 2) Several are studies of other biochemical mechanisms effecting chemical dependency including leptin deficiency curtailing satiation, glycemic and insulin malfunctions, and allergies to wheat and other food substance; 3) Over 200 are journal articles showing the similar or identical biochemical or brain imaging results in studies of addiction to alcohol, cocaine, heroin, morphine, nicotine, gambling, sex and marijuana; 4) Over 100 are basic science studies mapping brain pathways or biochemical reactions to stress; 5) Over 100 are basic texts about obesity, eating disorders or addiction; and texts of self help treatments of food addiction, cookbooks eliminating addictive foods, 6) The rest are clinical studies including case studies of recovered food addicts, research on the effectiveness of food-related Twelve Step Programs, quantitative outcome research on food addiction treatment programs and qualitative research on food addiction denial. PW October 2009

For some of these 105 references there is a brief explanatory comment PW October 2009.

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