


From: Food Addiction Institute no-reply@usmailtest.com 
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Institute receives \$20,000 donation

The Food Addiction Institute acknowledges The Carl and Cassandra Segal Charitable Trust for contributing a \$20,000 to help FAI advance its mission. Without its incredible support and financial contribution to our mission for years, FAI would not have been able to help provide education and raise awareness about the disease of food addiction.

"The Segals have contributed to our mission for years," said Michael Prager, institute chairman. "They are our greatest supporters, not only financially, but in their dedication to the institute's mission of helping those with Food Addiction. This includes not only for those those who experience the disease but for those who treat, counsel, and educate about it."

Cassie Segal said the foundation's financial and moral support reflects her appreciation for FAI's founder, Phil Werdell. *"I think of Phil as my teacher, not only from his enormous understanding about Food Addiction, but how he showed unconditional love to all."*

If you would like to join the Segal Trust to help those with Food Addiction to find help, support and community, [click here](#).

At The Food Addiction Institute:

We believe in the disease model of Food Addiction.

We believe in abstinence from binge and trigger foods and behaviors.

We believe that substantial support is vital to recovery.

Visit Our Website



**The Next International Food Addiction
Conference**

Conference Will Be Held in Mexico City, Mexico

On September 4-5, 2025, the next International Food Addiction Consensus will take place in Mexico City, Mexico. The Food Addiction Institute will be well-represented and will hold a reception on September 3; details will be forthcoming. The IFACC 2025 will take place at Monterrey Institute of Technology and Higher Education (ITESM), Santa Fe campus in Mexico City.

The IFACC 2024 celebrated the first ever conference on the subject of addiction-like symptoms related to foods which took place in London, England. 37 professionals, including researchers, clinicians, and academics, reached an agreement by issuing a [Consensus Statement](#) that ultra-processed foods can be addictive and that food addiction should be placed in the International Classification of Disease (ICD) of the World Health Organization (WHO). This second conference will build the momentum gained from the May IFACC24 conference in London.

Research shows that Food Addiction affects up to 20% of adults and has a significant impact on their mental and physical health. Clinical experience suggests this is severely underestimated. The misery from this disorder also affects more and more children.

To register for conference updates, please email conferences@the-chc.org

Food Addiction is Real and There is a Solution

Last month, we discussed Ultra-Processed Food Addiction, the name adopted by an international body in London in May. I feel I have to say this every time I mention it: We support this move and hope the name change will lead to official recognition of the malady we still call Food Addiction (see our name).

But more important than the name is, what do we mean when we're talking about

Food Addiction? Even for us, this has led to spirited discussion. But here are three tenets we've agreed on:

We believe in the disease model of addiction. There are far too many reasons for under - and - overeating to list, and it's unlikely that most people who engage in those behaviors have only one reason for acting as they do; there is a ton of overlap for most. That means that someone could have poor eating habits and sometimes eat as a reaction to emotional trauma. Many Food Addicts have those and other triggers as well.

What distinguishes Food Addicts is a biochemical sensitivity to substances and behaviors that others don't experience. Many self-identified Food Addicts, but not all, include refined sugar among their most triggering substances. Many others refrain from refined grain, also known as flour. (Note: This is not the same as gluten intolerance.) But some can't handle cheese or all dairy products. (No, this is not the same as lactose intolerance.) And there are many more. But in our view, if there isn't at least one biochemical sensitivity, it's not Food Addiction.

We believe in abstinence from binge and trigger foods and behaviors. It might be too simplistic to say that many people who self-identify as troubled eaters probably just need some better habits. But suppose they adopt a healthy diet, including indulging in a favorite food only on defined occasions and/or in wholesome amounts. In that case, they hope to escape their eating troubles. For them, moderation is a good plan.

But it can be ruinous for those with Food Addiction. Alcoholics, I'm sure you know, don't thrive when they try to drink in moderation. This is part of what defines them as alcoholics! For them, it's abstinence, whether they like it or not. Many Food Addicts have tried to eat in moderation for decades, only to be demoralized each time they fail. Many who experienced that are now finding long-term release from their troubled eating by abstaining from food and behaviors that seem to set them off anew.

We believe that substantial support is a vital part of recovery. Community support is not just a nice-to-have; it's the third level of Maslow's hierarchy of needs, superseded only by things like food, water, and a feeling of security. Community is central not only to religious affiliations, ethnicities, and nations but also as a means

of support. It's used by all Anonymous groups and other types of paid support groups, e.g., Weight Watchers.

Taken together, we refer to this trio as "Food Addiction Informed," which has the advantage of having the same initials as our name. You'll know what it represents if you see a "Food Addiction Informed" button on a website.

—Michael Prager, Food Addiction Institute chairman

Watch this powerful 4-minute video clip in which RFK, Jr. talks about our ultra-processed foods and the effect on the U.S. population and children

Ultra-Processed Foods Targeted by Robert F. Kennedy Jr. for Instigating the Obesity Epidemic

Robert F. Kennedy Jr. made a pledge to eliminate processed food from school lunches “immediately” if he was given a position in a second Trump administration.

Now that U.S. President-elect Donald J. Trump has selected Kennedy to head the Department of Health and Human Services, Kennedy would have wide-ranging authority over the Food and Drug Administration, which regulates around 80% of the country’s food supply.



[Read More](#)



[Dr. Mark Hyman](#)

NIH Study and Ultra-Processed Foods — Overeating and Weight Gain

People eating ultra-processed foods ate more calories and gained more weight than when they ate a minimally processed diet, according to results from a National Institutes of Health study. The difference occurred even though meals provided to the volunteers in both the ultra-processed and minimally processed diets had the same number of calories and macronutrients.

[Read More](#)

New Book Release: Theresa

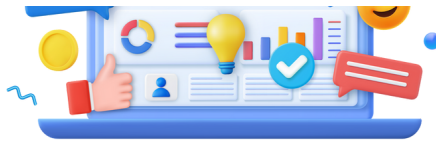


Wright, MS, RD, LDN | The Sane Food Solution

Theresa Wright, MS, RD, LDN, is the Founder and Director of Renaissance Nutrition Center, in Pennsylvania. She has developed programs to help people develop the skills to make lifestyle changes that lead to freedom from food addiction and encourage a “sane approach” to eating and living. Ms. Wright has just released her new book: [The Sane Food Solution: Transform Your Relationship with Food and Change Your Life](#)

Theresa is a pioneer in the field of food addiction, she addresses the characteristics of addiction: tolerance, cravings, and withdrawal, and says withdrawal can come with symptoms as our bodies adjust to eating differently, but they are temporary. Once her clients become abstinent from excessive food, trigger foods, and compulsive food behaviors she helps counsel them as they emotionally disconnect from the foods they were using. She believes that our unhealthy use of food is hurtful to our minds, bodies, and spirits. Theresa tells people who are struggling with food to not give up, there is hope to recover and live a wonderful life. Theresa Wright's website: [Sane Food](#).





Discover the Heart of Our Social Media Committee

Welcome to a quick dive into our Social Media Committee—the team that's all about spreading the word about our mission and connecting with awesome people like you!

What We're All About

Our committee is made up of passionate volunteers and staff who work with our Social Media Chair to create exciting and meaningful content. Here's what guides us:

- **We believe in the disease model of Food Addiction**
- **We believe in abstinence from binge and trigger foods and behaviors**
- **We believe that substantial support is vital to recovery**

Our social media is a friendly space for encouragement and connection.

How We Work

Here's how we make it all happen:

- **Creating Content:** Our team of volunteers and staff come up with fresh ideas and content.
- **Reviewing Together:** Two committee members check it out first, ensuring it aligns with our values.
- **Team Feedback:** The whole team looks it over, making sure it's just right.
- **Sharing Online:** Once perfect, we post it on YouTube, Instagram, Facebook, Twitter (now X), and Reels.
- **Community Engagement:** We love hearing from you and answering any questions to keep the conversation going.

Join Us! Want to help us make a Difference? We're always on the lookout for new volunteers who love social media and want to be part of our mission. If you're interested, here are two great ways to get involved:





Become a Volunteer:

- **Role:** Join our Social Media Committee and help shape our online presence.
- **Contact:** Judy Wolfe, Social Media Chair at info@foodaddictioninstitute.org

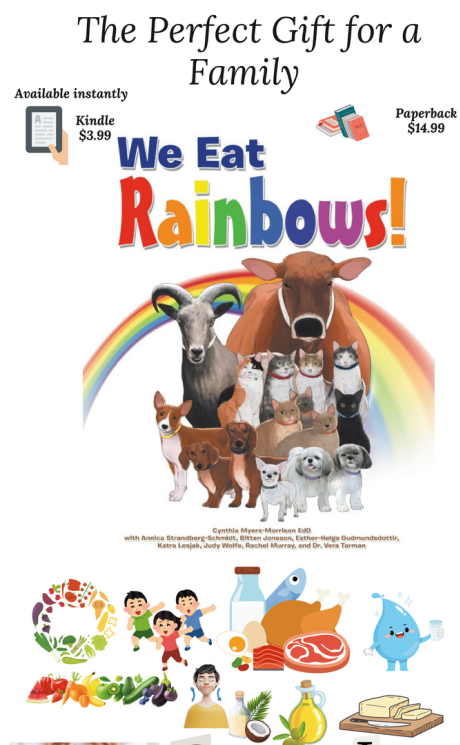
Share Your Story:

- **Engage on Your Terms:** Not ready to join a committee? No problem! Share your story and views by responding to our questions on your favorite platforms.
- **Be Interviewed:** Volunteer to be interviewed and let your voice be heard. Reach out to Judy Wolfe at the contact above.

Let's join forces to share stories, support recovery, and make a real impact together.



**Food Addiction
Professionals Invited to
Join the FAI Partnership
Program**



We invite researchers, educators, treatment providers, nutritionists, and others who help food addicts to join our FAI Partnership Program. Your information will be shared in detail on our website and in the newsletter, reaching thousands of people interested in food addiction.

For a fee, our partnership program offers additional benefits, including exposure on our website homepage, social media, and newsletters, plus discounted advertising rates. We will highlight your events, create a profile story, and promote books. This partnership benefits FAI and you as we expand the resources for food addiction support.

Email

info@foodaddictioninstitute.org

for more information about this program.



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The Food Addiction Institute proudly acknowledges the

generous
support of the Carl and Cassandra Segal Charitable Trust.

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