
The Food Addiction Institute



The Power of Recovery Protection in the Battle Against Food Addiction

By David Wolfe
Board member

Food Addiction is a relentless adversary, a persistent voice in your head, ceaselessly encouraging you to indulge in unhealthy eating habits for reasons you can't comprehend or explain. This is the harsh reality for those struggling with Food Addiction. But there's a powerful weapon in this battle, which I've labeled Recovery Protection™.

Defining Recovery Protection

We are “Food Addiction Informed”

What do we mean when we talk about Food Addiction? We start with these three tenets:

1. Food Addiction is a substance use disorder.
2. Abstinence from binge and trigger foods and behaviors is required for recovery.
3. An action plan that includes substantial support is highly recommended.

YFAS Useful in Weight-Loss Interventions,

Recovery Protection is a proactive approach to maintaining the progress made during the recovery process. It involves identifying potential triggers, creating strategies to manage them, and establishing a support system to help navigate the challenges of staying on a healthy diet. It's a personalized plan designed to protect the individual from relapse and to promote continued growth in recovery.

In Recovery Protection, we seek to deeply understand what we're protecting and why we're protecting it. It requires recalling the pain of active addiction and willingly guarding against that state of being.

One lapse is all it takes to spiral back into the pit of Food Addiction, where we can't think straight, engage meaningfully with others, or accomplish our tasks. We're protecting against that. We're shielding ourselves from the negative consequences of addiction.

The Dual Roles of Recovery Protection

Recovery Protection doesn't just avoid the negative. It's also about preserving the positive. It's about the results you've achieved by embracing a new way of life. By adopting healthier habits, you've gained so much, and you want to keep those gains, don't you?

Recovery Protection guards our gains. The gifts of recovery that we have acquired can be snatched away by the disease of Food Addiction if we let our guard down. We need perseverance, we must stick with the strategies that work to give us the life we want, yet we also must challenge ourselves to improve them and let go of the ones that may no longer serve us.

The Insidious Nature of Food Addiction

If we forget about these necessary, non-negotiable elements of recovery, we slowly and gradually deteriorate. We often don't notice it until it's almost too late to reclaim what we've lost. Our last defense is a steadfast resolve: no matter what

Analysis Finds

Clinicians conducting weight-loss interventions could potentially benefit from screening their patients for Food Addiction, according to a [meta-analysis](#) by Georg Halbeisen and colleagues published in *Obesity Reviews*.

Importantly, the analysis found there is little downside to using screens such as the Yale Food Addiction Scale. "Pooled estimates of random-effects meta-analyses found limited support for a detrimental effect of FA symptom count and diagnosis on weight loss intervention outcomes," the authors wrote.

The study assessed 25 studies involving 4,904 patients in what authors called the first meta-analysis on the subject.

Lifestyle or Drugs?

By Bonnie Nolan
Board member

Two very high-profile members of the Trump Administration appear to have very different opinions about

Recovery Protection: Your Shield Against Food Addiction

Recovery Protection is your shield. It's what you stand behind when you go into battle against Food Addiction. It's what keeps you safe, protected, and moving forward.

So, revisit your Recovery Protection plan. If you don't have one, create one. If it's not written down yet, write it down. Share it with a trusted friend or mentor. Make it real. Discuss your triggers and how you handle them.

A Call to Action

Engage in a conversation with another person in recovery about your biggest trigger and how you manage it. Seek feedback. You might even discover a more effective way to protect your recovery.

Because this lifestyle, this journey of recovery, is worth preserving. It's worth every effort, every struggle, and every victory. And with Recovery Protection, you have a powerful tool to safeguard your progress and continue moving forward on your path to a healthier, happier life.

**Recovery Protection is a trademark of SUGARx Global, a Food Addiction Institute partner.*

how to address obesity in the United States, according to a recent New York Times [article](#).

Robert F Kennedy Jr., nominated to head the Health and Human Services Department, advocates for lifestyle change and changes in America's food system.

Elon Musk, a close adviser to Trump, is a big fan of weight-loss drugs such as Ozempic: He wrote on X, "Nothing would do more to improve the health, lifespan and quality of life for Americans than making GLP inhibitors super low cost to the public. Nothing else is even close."

When discussing obesity, The Food Addiction Institute likes to say as often as it can that obesity and Food Addiction are not nearly synonymous. But few would argue they aren't related.



Don't Pull the Trigger!

By Michael Prager Chairman

It starts out like a riddle or joke, but it's not.

“Two people walk into a bar. They imbibe the same substances in the same amounts. One goes home to bed and the other ends up in the gutter. What happened?”

Though this version cites alcohol, it can be true of any “addictive substance.” That phrase is in quotation marks because though obviously, some substances (and behaviors) are commonly known culprits — from cocaine to marijuana, gambling to shopping — the substances don't ensure addiction will strike those who ingest (or participate in) them. It is generally accepted that about 15 percent of people exposed to these culprits become dependent on them.

Although its landscape is far more complicated, it is the same with food addiction. Not everyone who eats, say, ice cream or chocolate or onion rings will develop an unhealthy relationship with them. But some will — probably

will develop an unhealthy relationship with them. But come with it, probably around 15 percent of those exposed to those substances.

The American Psychiatric Association has [specific criteria](#) for determining whether one's "unhealthy relationship" rises to the level of what it calls a substance-use disorder, or what you might call addiction. These include intending to eat an amount but end up eating more, wanting to cut down or stop using a substance but not managing to, or continuing to use the substance even when it affects relationships or causes other problems.

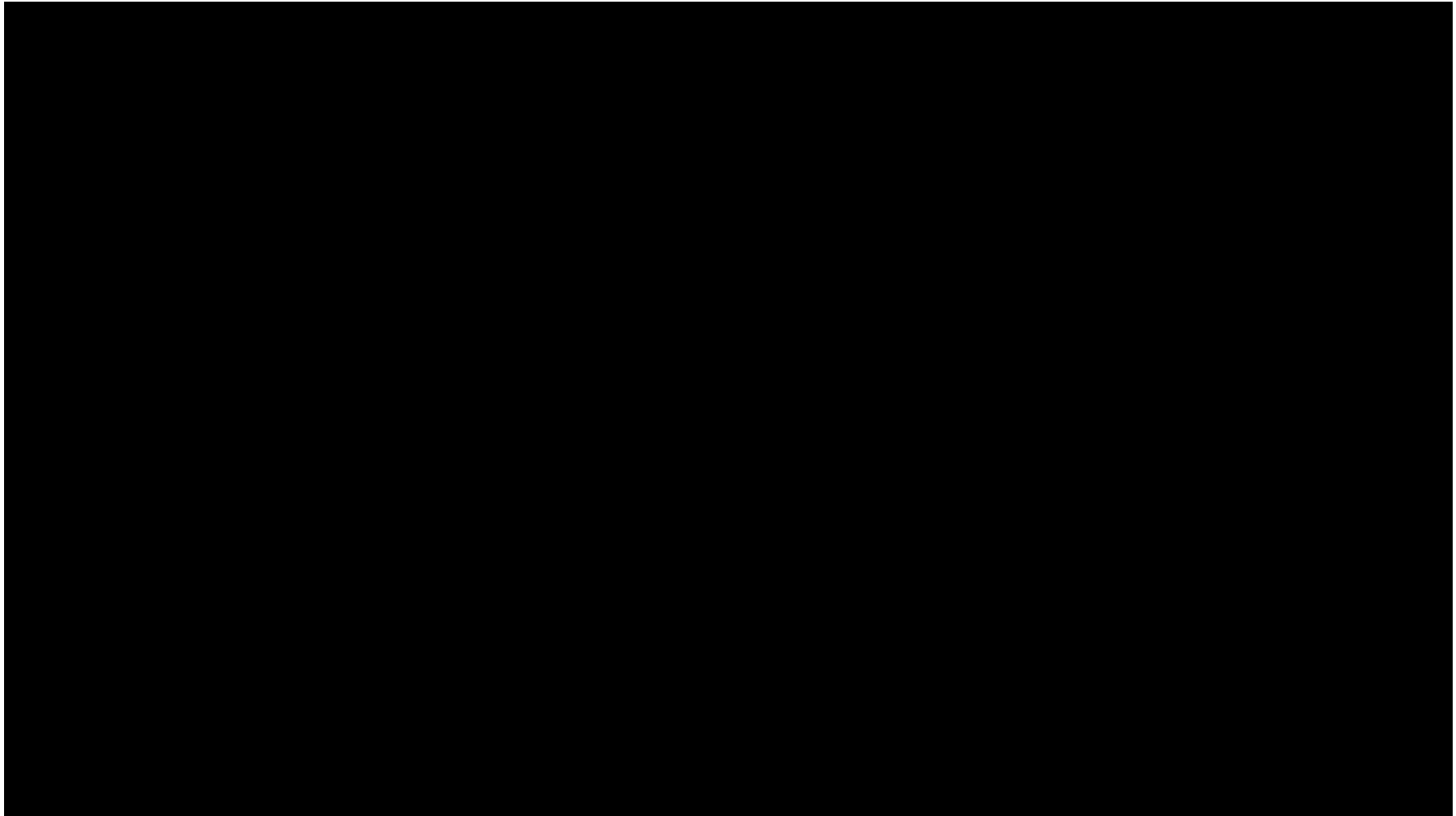
A key element separating addiction from other disorders is the phenomenon of craving. For reasons of genetics, upbringing, and/or environment, putting a substance into one's bloodstream, or engaging in a particular practice, triggers a biochemical sensitivity and the individual is off and running in an unhealthy direction.

This is precisely why abstinence is vital to an addict's recovery. Avoiding a substance or behavior will not solve one's addictive problem, because the biochemical trigger is only one facet of it. But continuing to engage with the substance or behavior will make it far more difficult to make any headway.

Follow Us on Social



“All Behavior Originates in the Brain”



Institute Board Member Bonnie Nolan, a neuroscientist and a licensed clinical alcohol and drug counselor, was interviewed this month for the “Food Addiction: The Problem and the Solution” podcast, which is produced by the INFACT School in Iceland.



This Month on Our Social Media



Food Addiction Professionals

By Judy Wolfe

Board member

Welcome to February, a month dedicated to love and persistence in your recovery journey. This month, we're focusing on self-love, resilience, and the pursuit of a healthier life.

31 Days, 31 Opportunities

Join us on Facebook, Instagram, and X for 31 unique opportunities to persist in your Food Addiction recovery journey. We'll be sharing reader quotes, thoughtful articles on this month's theme, and an invitation to share your experiences with Food Addiction recovery. We'll also provide the latest research on Food Addiction to expand your understanding. Each day offers a new chance to learn, grow, and transform your life.

Join Us

Follow us on our media platforms as we explore gentleness, clear boundaries around abstinence, and persistence in self-love. Let's make February a month of transformation. Together, we can do what we cannot do alone on our Food Addiction journey.

Here's to a month filled with love and recovery!

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.

Forward this newsletter to a friend 

The Food Addiction Institute proudly acknowledges the generous support of the Carl and Cassandra Segal Charitable Trust.

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