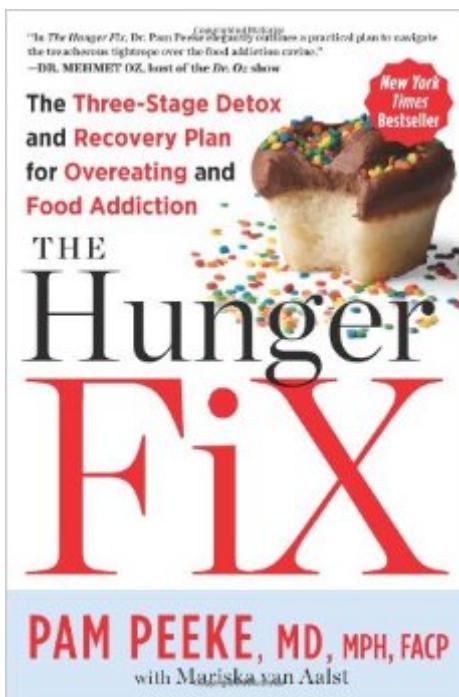


The book was found

# The Hunger Fix: The Three-Stage Detox And Recovery Plan For Overeating And Food Addiction



## Synopsis

The body's built-in reward system, driven by the chemical dopamine, tells us to do more of the things that give us pleasure: Creative energy, falling in love, entrepreneurship, and even the continued propagation of the human race are driven by this system. Unfortunately, so is the urge to overeat. In *The Hunger Fix*, Dr. Pam Peeke uses the latest neuroscience to explain how unhealthy food and behavioral "fixes" have gotten us ensnared in a vicious cycle of overeating and addiction. She even shows that dopamine rushes in the body work exactly the same way with food as with cocaine. Luckily, we are all capable of rewiring, and the very same dopamine-driven system can be used to reward us for healthful, exciting, and fulfilling activities. *The Hunger Fix* lays out a science-based, three-stage plan to break the addiction to false fixes and replace them with healthier actions. Fitness guides, meal plans, and recipes are constructed to bolster the growth of new neurons and stimulate the body's reward system. Gradually, healthy fixes like meditating, going for a run, laughing, and learning a new language will replace the junk food, couch time, and other bad habits that leave us unhappy and overweight. Packed with practical tips, useful advice, and plenty of wit, wisdom, and inspiring stories of those who have successfully transformed their bodies, *The Hunger Fix* is a life-changing program for anyone (of any size) trapped by food obsession and the urge to overeat.

## Book Information

Paperback: 368 pages

Publisher: Rodale Books; 1 edition (September 17, 2013)

Language: English

ISBN-10: 1623361583

ISBN-13: 978-1623361587

Product Dimensions: 6.1 x 1 x 8.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â See all reviews Â (159 customer reviews)

Best Sellers Rank: #56,322 in Books (See Top 100 in Books) #105 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #954 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

The tools in the *Hunger Fix* saved my life. Five years ago, Dr. Peeke was the first Dr. I ever met who acknowledged flat out that food can legitimately be addictive. What a relief! All of those years, and

countless diets, where I tried desperately to eat in moderation. I'd eat my Jenny Craig lemon cake, love every bite, and wonder why, the next day I was craving sweets at 3:00. In my experience craving leads to eating, and eating the wrong foods leads to bingeing. This is fueled by the societal mantra that desert food, or high fat salty food is a reward. A recent McDonalds billboard showed a huge box of French fries with the text: HAPPINESS. Really? What I've learned from Dr. Peeke, is that all of the advertising hype about high fat food, candy and ice-cream, as a "well deserved reward" is false. Food is not a true reward, unless it's food that makes you feel good later. Where is the reward in feeling too full, bloated, shaky, wired, drowsy, guilty or depressed? What is the reward in never being satisfied with sugar, no matter how much we eat? Maybe that split second after the first bite is bliss-full, but with food addiction, that delicious bite quickly turns into eating chaos. I think in this country we've been trained to become so disassociated from our bodies that often all we think about is how something tastes, and the experience of eating it. I know when I weighed 212 pounds (at 5 foot 1 1/2 inches) I wasn't thinking about the effect that the food was having on my body--. I was using food to keep myself from feeling bad. I would feel a bit calmer after satisfying the burning insane craving, but of course, the bad feelings always came back--multiplied. That is not a reward. It's what Dr. Peeke has termed, a FALSE FIX. In the Hunger Fix, Dr.

[Download to continue reading...](#)

The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction  
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine

Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) SKINNY DETOX - 14 Day Detox Cleanse: Simple and Effective Three-Step Plan for Improved Health and Weight Loss Everlasting Hunger (The Hunger Mate Series) The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery

[Dmca](#)