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Do You Have A Food Addiction?

By Alex Sharp

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Everyone from time to time gets a craving for a certain type of food. Sometimes we just crave something to eat. No real reason, other than to eat. Sometimes this can be because you are bored, or because you seem something suggestive about food. How many times have you seen a television commercial advertising burgers and it made you want one? This is healthy. We all do it. Hell, I'd say that we probably do this several times per week. Did you know, that you can be addicted to food? I know that sounds a little weird, but it is true. How can you tell if you are a food addict? Sometimes it might not be as easy as you think. There are many things that might come in your way of knowing if you are a food addict. You might be depressed or in an emotional downward spiral that will tarnish your ability to see what is going on. Over a period of time, you will be able to tell if you have an eating problem. If nothing else, you will see it in your waist line. It doesn't take a genius to figure that out. What foods are addictive? Well, that is a hard answer. There is no hard answer on what is addictive. It is like saying what is more addictive, beer or whiskey. Though there are a few foods that are extremely addictive.

Caffeine.

We all know that this is addictive. I'm sure if you are a coffee drinker, you know how you get the shakes in the morning if you don't have your coffee. Is coffee addiction bad for you? It depends on how much that you drink. If you are drinking a few cups a day, I don't think that it is harmful. If on the other hand you are drinking several pots per day, you have a problem. Even though it is addictive, you can control the amount that you consume. Unless you have a very addictive personality. If this is the case, I would suggest that you avoid coffee and other caffeine containing products all together.

Sugar.

This is addictive. We try not to think of it as being so, but it is. It is addictive because of the jolt of energy that it gives us. If you haven't had your daily truck load of sugar and you feel tired, worn out,

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cranky, you are going through withdraw. Did you know that heroin addicts that are going through withdraw consume large amounts of sugar? It is said that sugar helps ward off the cravings of heroin. Sugar is one of those things that is hard to avoid. The best thing that you can do is avoid candy and other sweets. You will digest some sugar, but if you avoid those things, you will cut out a big portion of your sugar consumption. You should also avoid sodas. They are loaded with sugar.

Carbs.

This is one thing that people will get frustrated at me over. I do think that carbs are addictive. For the same reasons that sugar is addictive. The best thing that you can do is avoid eating too much bread and pasta. That is the best way to avoid getting addicted to carbs.

I'm not saying that if you are addicted to carbs you will be like a junky. What I am saying is, that you will become dependant on them. I think that many people are addicted to carbs and don't know it. It isn't something that we think about when it comes to addictions. What should you do if you are a food addict? If you can control it, you should do your best to do so. If you are the type that has a strong will, it shouldn't be too hard.

The problem is, most of us don't have a strong will when it comes to addictions. We are a race of addicted creatures. I'm beginning to think that most of us are addicted to something. No matter if it is coffee, cigarettes, booze and so forth. If you don't feel that you can control it, you need to go to your

doctor. You need to tell him what is going on. Don't be ashamed to talk to him about it. You should be more ashamed of yourself if you do nothing about it. After you talk to him you should look into finding a support group for people who have food addictions. Your doctor will probably point you to a therapist. The therapist will know of a support group you can attend. If you aren't to point that you can talk openly about such a thing in person, you can find support groups online. They are free to use, meaning they don't charge any money. You will begin to find out what treatment and other things are available. These are people who fight what you are going through every day. Don't be ashamed or afraid. Most of the changes in life are things that are hard to do. This is no different.

For More Information On How To Lose Weight, Please Visit
www.natural-stamina.com/LoseThatWeightFast.html

Alex Sharp is the founder of Natural Stamina.com, a program designed to help men with all issues of their life. For more information on weightloss, please visit
www.natural-stamina.com/LoseThatWeightFast.html

Drug Addiction And Recovery

By Ryan Bombard

Several emotional or psychological reasons may drive you into taking drugs. At times it is mere curiosity that propels you to develop an addiction to drugs over time. Drug addiction refers to the compulsive use of psychoactive drugs to such a level at which the user of drugs has no other way out and continues to use it.

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Though addiction to drugs like opium have been common since historical times it is in recent times that the problem has been exacerbated significantly. This is mainly due to the cultivation of plants yielding drugs, advancements in biochemistry and improvements in means of getting access to drugs. The introduction of purified forms of active biological agents and the synthesis of new substances like methamphetamine has made drugs more widespread. Clinically, the word 'addiction' has been replaced by the word 'dependency' in relation to drugs.

It may be noted that not all persons are equally prone to addiction. Some persons are psychologically or genetically more predisposed to drug addiction. Again, some kinds of drugs get the better of some particular types of persons more easily. Similarly, the manner of treatment and method of recovery from addiction vary widely according to the types of drugs, amount of drugs, duration of drug addiction, medical complications and social necessities of the patient.

There is the 12-step program among the many recovery methods. Alcoholics Anonymous and Narcotics Anonymous are prominent examples included herein. These are popularly used for a variety of addictions concerning the individual addicted and the family of the individual. Then there are the substance-abuse rehabilitation centers that frequently offer a residential treatment program for the seriously addicted and strive to isolate the drug addicts from other drug users and drug dealers.

The cognitive-behavior therapy, rational-emotive theory or other types of psychological behavior modification methods are employed in the treatment of drug addiction. Replacement drugs like methadone are also used. This methadone is in itself a drug but in order to reduce dependency on stronger drugs like opium it proves helpful. Acupuncture is also a treatment of choice that helps alleviate drug addiction symptoms.

Carrying out the suitable treatment from the various treatments available can bring about recovery from drug addiction. The object is to somehow bring about abstinence from the various addictive substances called drugs.

Ryan Bombard writes about addiction treatments, addiction causes and types and other drug addiction topics.

<http://www.rehab-your-addiction.info/relapsing-with-drug-addiction.htm>

and

<http://www.drug-addiction-battles.info/causes-of-drug-addiction.html>

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