



ARE YOU OBSESSED OR ADDICTED TO FOOD? QUESTIONNAIRE

Many people are obsessed or addicted to food. Food, especially sugar, can be more addictive than drugs. The human brain is designed to give us a reward (serotonin) when we eat food so that we don't forget to eat and die. The definition of addiction is: using a substance to create a good feeling, experiencing withdrawals, and craving that substance again. We can also become obsessed or addicted to food because we are allergic to it. Often time's people have mild food allergies that they don't ever realize they have because the symptoms are so mild or familiar. This can also make us crave foods. Answer the following questions and total up your score.

Yes	No	
		Do you eat when you are not hungry?
		Do you go on eating binges for no apparent reason (meaning not because you just lost your job or girlfriend)?
		Do you feel guilty or remorse after over eating?
		Do you give too much time or thought to food?
		Do you look forward with pleasure and anticipation to when you can eat alone?
		Do you plan these alone binges ahead of time?
		Do you eat sensibly around others and make up for it when you are alone?
		Is your body weight affecting the way you live your life in any way?
		Do you try to diet for a week or more and fail to reach and maintain your goal?
		Do you resent others that suggest you use will power?
		Despite evidence to the contrary, do you continue to believe you can diet on your own whenever you wish?
		Do you crave to eat at a definite time other than mealtime?
		Do you eat to escape your worries or troubles?
		Has a doctor treated you because you were overweight, underweight, or for an eating disorder?
		Does your food obsession make you or others un-happy?

How to Score Your Questionnaire

If you answered, "yes" to 3 or more questions, you are probably obsessed with food, have an addiction to food, or have a food allergy that is creating an addiction. We recommend you schedule a FREE consultation with us by calling (707) 781-3466 so we can discuss your unique situation. Michael Finn has helped many people reach their health and fitness goals with simple lifestyle changes that eliminate issues with food. You have already taken the difficult step in realizing there is a problem. Let's work together to solve this problem.