

Fast Food as Addictive as Heroin

Recent research studies indicate that sweets & fast foods may be as addictive as heroin. The February 2003 issue of *New*



Scientist says, "New and potentially explosive findings on the biological effects of fast food suggest that eating yourself into obesity isn't simply due to a lack of self-control." Fast foods activate the dopamine center of the brain of laboratory rats in a manner similar to nicotine and heroin. Fast foods taste great, but eating them will tend to make one overweight. The research also suggested that fast foods interfered with the normal function of leptin and galanin, two hormones, which govern appetite and weight control.

While the addictive properties of fast food are new to the major media, they are not new to food processors. Biochemist Paul Stitt wrote of the "Can't Eat Just One Syndrome" in his classic *Beating the Food Giants* decades ago. Food processors actually design many of their foods so that it is almost impossible to stop eating them after one begins. This is certainly an area you can address when looking to lose weight.

Choosing "real" food by far is the best choice for overall long-term health. Most fast food, packaged food and frozen meals have very little true nutritional value. We are one of the few nations in the world that has an epidemic of obesity while at the same time we are "starving" our bodies with lack of good nutrition.



Key Ideas

- Eat fresh fruits and vegetables whenever possible
- Eat some protein with breakfast to start your day off with balanced blood sugar
- Pack your lunch, carry trail mix or a protein bar in the car so you don't give in to the temptation of fast food.

To Your Good Health!

Compiled by Christine Litton, CNC

Christine can be reached by visiting her Web site:

www.chrislitton.com or by e-mail gnldlittons@yahoo.com