

It's not about the Food: A 4-Point Program for Obesity and Binge Eating Disorder

Carolyn Coker Ross
USA

Trauma, abuse and neglect in childhood are correlated with many adult issues including food and body image issues. Newer research shows that childhood maltreatment has a direct impact on two very important developmental issues – the healthy development of the brain and its nervous system connections and healthy attachment. Both attachment issues and dysfunction of brain development can lead to difficulties in emotional regulation, impulse control, the capacity for healthy relationships and social interactions, attention and the ability to responses to stress – all of which have a direct impact on food and body image issues. This workshop will present a 4-point approach from integrative medicine to 1) address brain recovery, 2) offer the SIMPLE™ eating plan, 3) uncover hidden causes of obesity and 4) stop cravings, emotional and stress eating.

Objectives:

1. At the end of this workshop, participants will be able to list the adverse childhood experiences that correlate with the development of food and body image issues.
2. At the end of this workshop, participants will be able to name specific therapies to help with brain recovery.
3. At the end of this workshop, participants will be able to list the hidden causes of obesity.
4. At the end of this workshop, participants will be able to develop a treatment plan based on the 4-point program for food and body image issues.

Keywords: Obesity, weight loss, body image, childhood trauma, attachment disorders, amino acids, dietary supplements

Q and A

1. Adverse childhood experiences are strongly associated with the development of food and body image issues. (True)
2. Amino acid therapies have not been shown to have any impact on food and body image issues. (False)
3. Attachment disorders have not been shown to be a contributing factor in the development of food and body image issues. (False)
4. Adapt gens are herbal therapies for stress. (True)
5. Childhood trauma can cause changes in the way the brain develops. (True)
6. Thyroid disease does not cause obesity. (False)
7. A person's reaction to stress can be one reason why they may overeat. (True)
8. Many people with obesity are missing very important vitamins and minerals that affect their mood and digestion. (True)
9. Obesity is caused by lack of willpower, not by genetics. (False)
10. A person's body image can be affected by bullying by their peers or by family members. (True)

Biography:

Dr. Carolyn Coker Ross is an internationally known author, speaker, expert and pioneer in the use of Integrative Medicine for the treatment of Eating Disorders, Obesity and Addictions. She is a graduate of Andrew Weil's Fellowship Program in Integrative Medicine. She is the former head of the eating disorder program at internationally renowned Sierra Tucson. Dr. Ross is a consultant for treatment centers around the US. She is the author of three books including one of the first books on Binge Eating Disorder: The Binge Eating and Compulsive Overeating Workbook and her recent book, The Emotional Eating Workbook. Her newest book, The Food Addiction Recovery Workbook will be released on September 1, 2017. Dr. Ross currently has a private practice in Denver and San Diego specializing in Integrative Medicine for treating eating disorders, addictions, mood and anxiety disorders and obesity.