



## 10 keys to success for healthy weight loss when you have a food addiction

1. Be willing to learn what foods work for you and what foods are absolute triggers. Eat simple healthy meals even though they don't taste good yet. In a few weeks once withdrawal from the addictive foods is over you will learn to **enjoy real foods** and be able to prepare them better as you go along.
2. Be willing to learn new recipes, cook new foods and try new ways of eating that you might never have *really* tried 100 percent before.
3. Be willing to leave the companionship of your usual friends early so you can go to bed in time to get a full 8 hours every single night 7 days a week, so you can heal your body fully and be ready to do all the things you need to do the next day to stay the on track.
4. Be willing to be the only person not having even a tiny little slice of cake, or pizza or not even one glass of wine if that is one of your triggers. Ignore the a-hole who says; "Hey, why not live a little?"
5. If your old friends don't accept the new completely-transformed, you than you have to be willing to say good bye to these old chums and find new friends who are interested in healthy living and support your decision to embrace a healthy lifestyle.
6. Be willing to get up every morning early enough to get your day going in the right direction, weekends included by planning out your food in advance and doing your morning routine whether it includes meditation, exercise, affirmations, or journaling, or whatever else completes your positive routine.

7. Be willing to get help even if it means joining a support group or spending money on a coach or therapist to pull this off, because this is the last time you are ever going to have to go off addictive foods again.
8. Be willing to get back on course if you slip up, and don't wallow in old habits that just aren't that helpful anymore.
9. Be willing to face the emotions that are going to bubble up now that food isn't pressing them down. Refer to number six: get help if you need it.
10. Be willing to stay in it for the long-haul and keep going even when it gets hard and it is taking longer than you would like to lose the weight and get used to eating and living in a new way.

## Resources

- [The Secret to Ultimate Weight Loss](#) by Chef AJ low fat high carb vegan but she understands food addiction and you can tweak it.
- [Food Addiction Institute](#)
- [Breaking the Food Seduction](#): the seven reasons behind food cravings by Neal Barnard MD
- [The End of Dieting](#) by Joel Fuhrman Mostly vegan, very encouraging
- The Slow Down Diet by Mark David at [Psychology of Eating](#)
- [The Pleasure Trap](#) by Douglas J Lyle
- [A Life of Your Own](#) (My affiliate link) by Kelly Brogan high fat Paleo/Ancestral diet approach to healing
- [Lean and Clean Diet](#) by Hannah Howlett, high carb vegan but again you can add and tweak if you don't want to be 100 vegan
- [Spud Fit](#) by Andrew Taylor, program for food prediction
- [Forks Over Knives](#)
- How Not to Die by [Michael Greger, M.D.](#)
- [Lilly Hawaii](#) YouTube channel great description of food addiction from knowledgeable plant-based expert.
- [Documentary-short](#) on food addiction
- Mind-Body Clarity [Demolish Food Addiction page](#)

*Disclaimer: These suggestions are not meant to replace medical care. Some of the suggestions contain affiliate links.*

