Neurobiology implications of obesity and disordered eating

Many people have a dysfunctional relationship with food where their obsession with food, weight, dieting and body image is impacting their health and quality of life. New advances in weight loss procedures, programs and research into the disruption of the energy homeostasis caused by dieting and the mutation of inheritable genes are resulting in an epidemic of obesity and disordered eating. Disordered eating creates a complex interaction that involves genetics, environmental factors, psychological disturbances, neurochemical and biochemical changes, and disturbed thinking patterns. The world's top scientists and researchers are studying the physical, behavioral, emotional, and mental effects of foods, lifestyle, and experiences that create a dysfunctional relationship with food. Research has shown that neurochemical and genetic expression can be altered and are implicated in obesity and disordered eating. It has also been shown that some people have genetic programming for fewer dopamine receptors. To compensate individuals may use substances (or some foods) to increase dopamine levels in the reward system of the brain.

Biography

Rebecca Cooper is the leading expert in disordered eating, eating disorders and food addictions. She received her Master's degree in Clinical Psychology from Pepperdine University and is a Licensed California Therapist, Licensed Professional Clinical Counselor, Certified Eating Disorder Specialist and holds a World Certificate for Psychotherapy. She authored the book, Diets Don't Work®, CDs, DVDS, Eating Disorder Workbooks, and numerous published articles. She created the first transitional living program for people with disordered eating, Rebecca's House Eating Disorder Treatment Programs in California. Her recovery program for disordered eating is used throughout the USA at treatment centers and by therapists.

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