

ADDICTION



SUMMIT

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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

Healing from Food Addiction



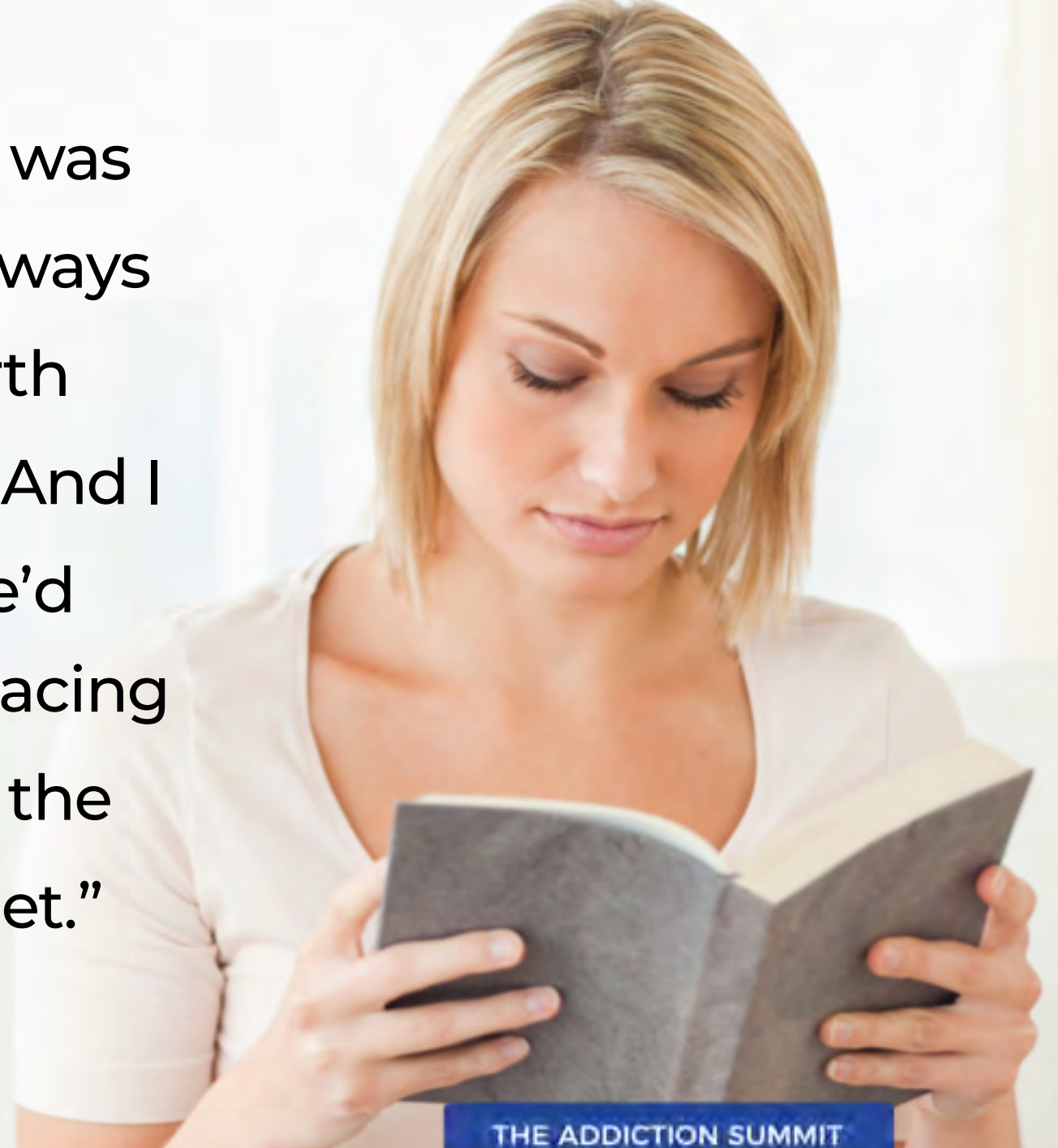
Erin Elizabeth



- Health Nut News
- Public health educator
- Truth in Journalism award
- Media appearances

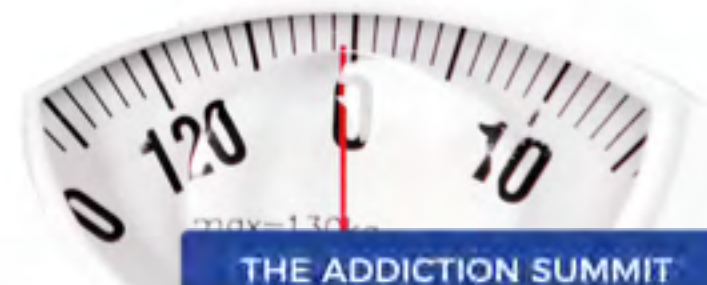


“For me, I don’t know that it was difficult being adopted. I’d always wanted to seek out my birth mother. And then at 20 I did. And I discovered a book that she’d written in the library about placing me for adoption. So I found the book. And that’s how we met.”



“I did have definitely, I believe, an eating addiction. So with that addiction, a lot of things happened.

I was diagnosed with Lyme, overcame that, had a Lyme literate medical doctor who helped. But also I made some major changes in everything that I was doing. It was kind of all at once. And that seems to work for me better in life.”



“Whatever your addiction is, tell your loved ones. Be open about it, and make sure you just remove all those traps and temptations.”




“When you’re trying to do something challenging, whether it’s quitting an addiction or addictive behavior or substance, or whether it’s starting exercise, it’s hard to do it without some accountability.”



“Slowing down is one of the most important things, and taking breaks, even if they are small breaks.”



A close-up, low-angle shot of a person's legs walking barefoot on a sandy beach. The person's feet are partially buried in the sand, and their legs are in motion. The background shows a beach with waves, a clear sky, and distant mountains under a warm, golden light, suggesting sunset or sunrise.

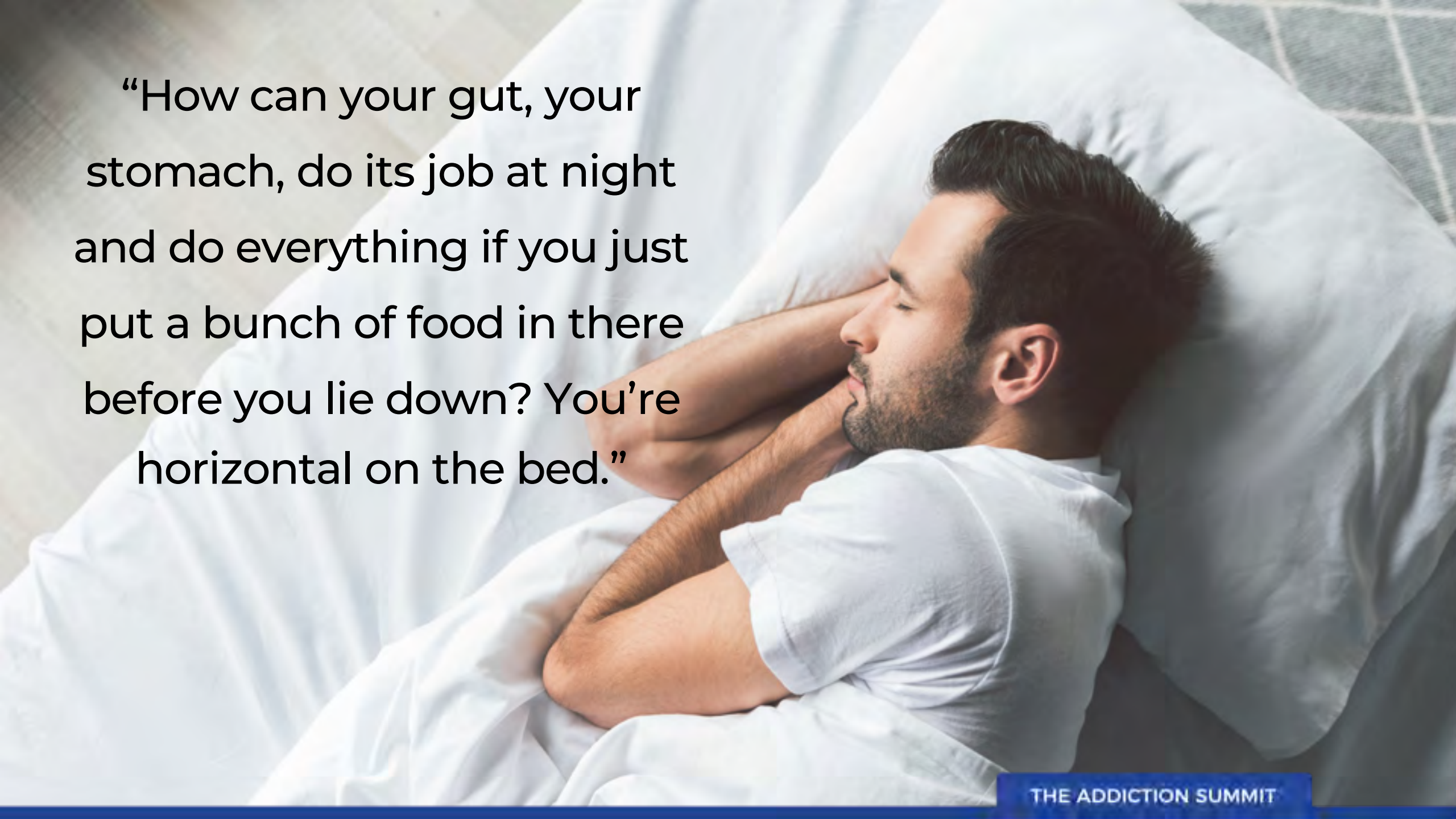
“You need to be barefoot, right. And your body needs to touch the earth. So whether it’s grass or dirt or sandy beach, there’s something special that happens when you actually ground yourself. We’re electrical.”

“I learned working in the bedroom where you’re sleeping—that’s supposed to be your sacred place—was not conducive. So yeah, I like to be able to keep that separate and not have electronics in the bedroom.”



“I weaned myself off of the coffee, regular caffeinated to half caffeine to decaf and then eventually none. And that was a process.”





“How can your gut, your stomach, do its job at night and do everything if you just put a bunch of food in there before you lie down? You’re horizontal on the bed.”





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“We need to go back
to eating vegetables
out of the garden.”



Erin Elizabeth
HealthNutNews.com
In the Lymelight



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