

**ADDICTION**



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

# *From Food Addictions to Balanced, Vibrant Health*



# Dr. Sara Gottfried



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“We need to take addiction  
out of the shadows and really  
bring it to the light of day.  
That’s how we all heal.”



“My mood during the day would kind of depend on what the bathroom scale said that morning.”



“Going on an antidepressant is not going to address the root cause of why I feel like crap, why I feel so much older than my years.”



“A lot of recovery is getting back into conversation with your body.”



“Yoga is, in some ways, the best way for me to reset my cortisol level and to improve my stress resilience.”



“Make a menu. Create a menu, an a la carte menu, of all the things that can help you get out of that rev state or even prevent the rev state.”



“I think of addiction as when you repeat a behavior despite adverse consequences.”



“A typical patient is someone who’s drinking a little too much, and it’s disrupting their sleep and raising their cortisol and causing problems. Anxiety the next day is an example. They’re exercising too much. And maybe they’ve got some disordered relationship to food.”



“So why are women more vulnerable? I think there’s a biopsychosocial reason. I think there are issues like misogyny. There are issues like rates of childhood maltreatment.”



“At the core we’re stressed out.  
We’re feeling a lack. We’re feeling  
uneasy. And our behavior or  
addictive substance actually meets  
a need, but just for a little bit.”



“Why doesn’t matter as  
much as the solution.”



“I reached for the sugar, flour,  
fat combination. And it’s  
designed to be hyperpalatable.”



“I am a food addict. And that’s a problem, but it’s not *the* problem. The problem is my disconnection from my inner divinity or a divine sense.”



“Identify and treat  
nutrient gaps.”



“Look at the architecture of the day so that you’re not getting into that rev state.”



“Regardless of your addiction, whether we’re talking food, alcohol, opiates, meth, behavioral addictions, the core approach is real food, get your nutrients, stress reduction (which you call your rev) sleep, exercise, and then the being connected.”



“There are so many ways  
to manage your insulin so  
that your blood sugar is  
more stable.”



“I think of estrogen and progesterone as kind of this tango. And you really want a good dance between estrogen and progesterone. So that means estrogen has to be in balance with the progesterone.”



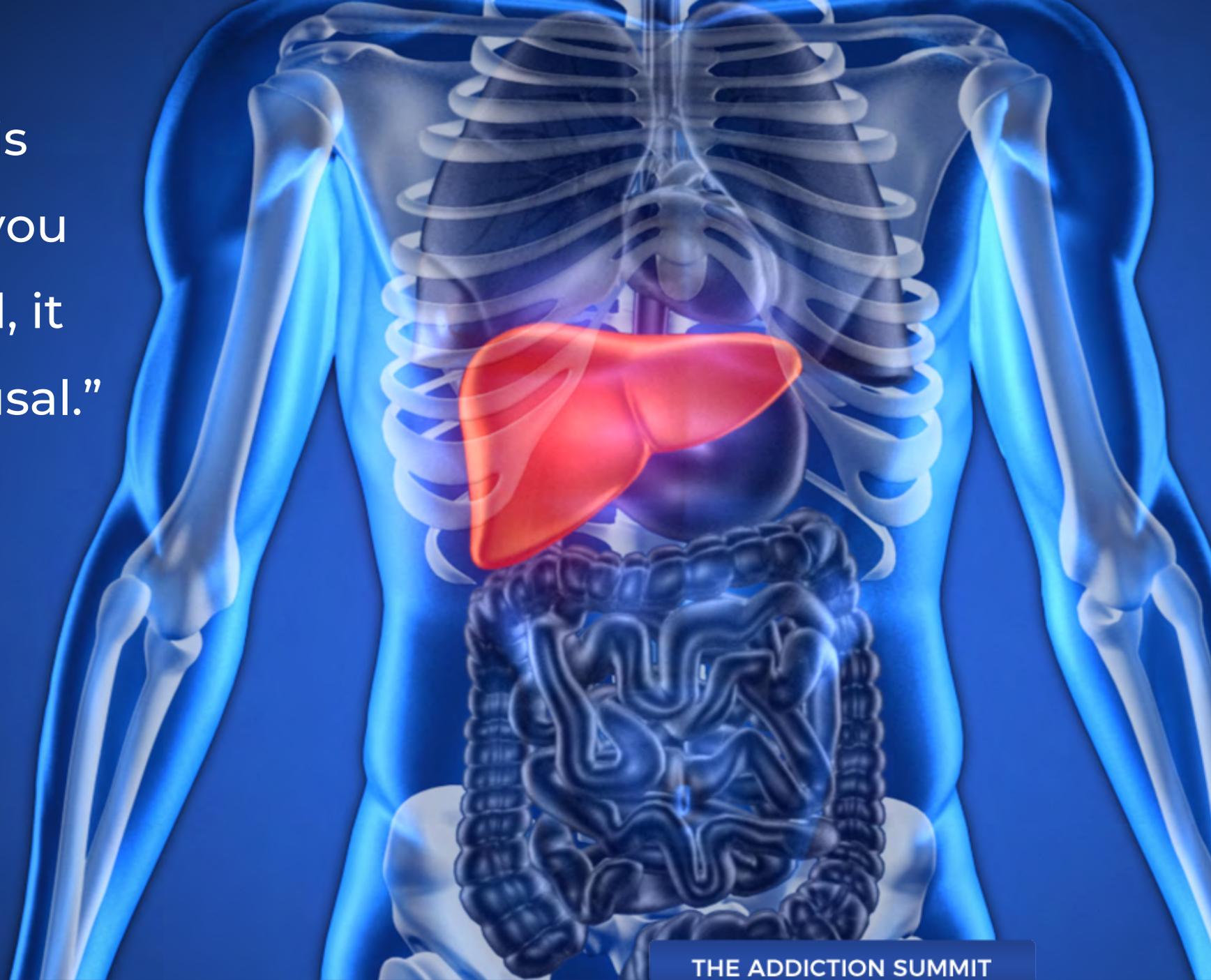
“If estrogen and progesterone are out of balance, we want to raise the progesterone. So one of the ways to do that is with an herb called chasteberry.”



“I’m not a big fan of the birth control pill. I think it causes a lot of other issues.”



“When your liver is overloaded, when you have toxic overload, it can cause hyperarousal.”



“You need to have 20  
to 30 species of  
vegetables each week.”



“This is the basis of functional medicine or personalized medicine, where no two patients are alike.”



“How do we really understand what’s missing so that we can fill that gap? And also, what’s in excess?”



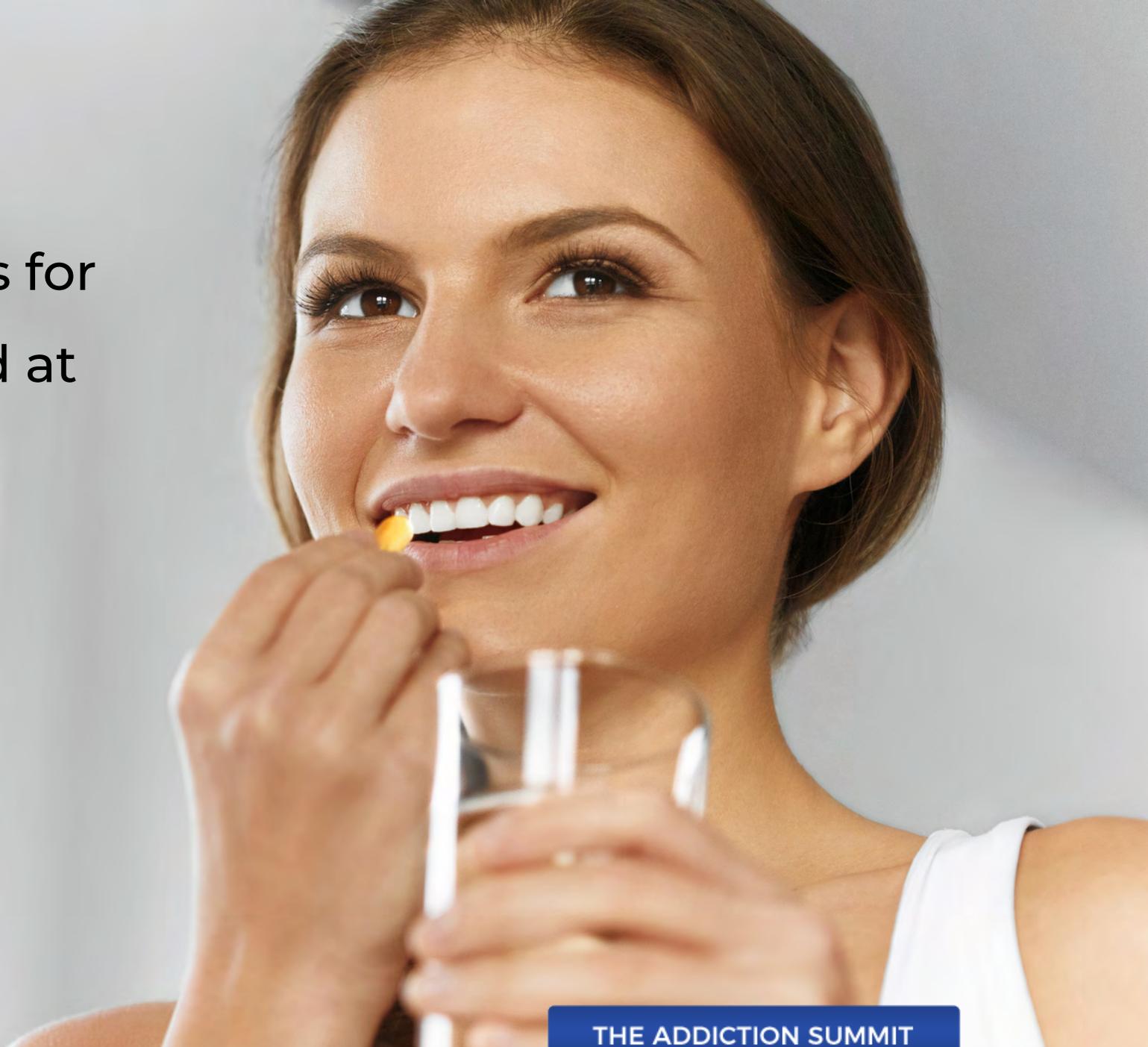
“The first step is to address targeted lifestyle changes.”



“The second step  
is herbal therapies.”



“If you end up taking bioidentical hormones, it’s for the shortest duration and at the lowest doses.”



“Invariably 12-step programs are at the top of the list of approaches that allow people to maintain their success.”



“I don’t think 12 step is the  
be all, end all for folks. I  
think we need a more  
integrative model. But it’s a  
good place to start.”



“The more that I surrendered  
and kind of tuned into that  
inner divinity and the innate  
intelligence in the body, that  
changed everything.”



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