

ADDICTION

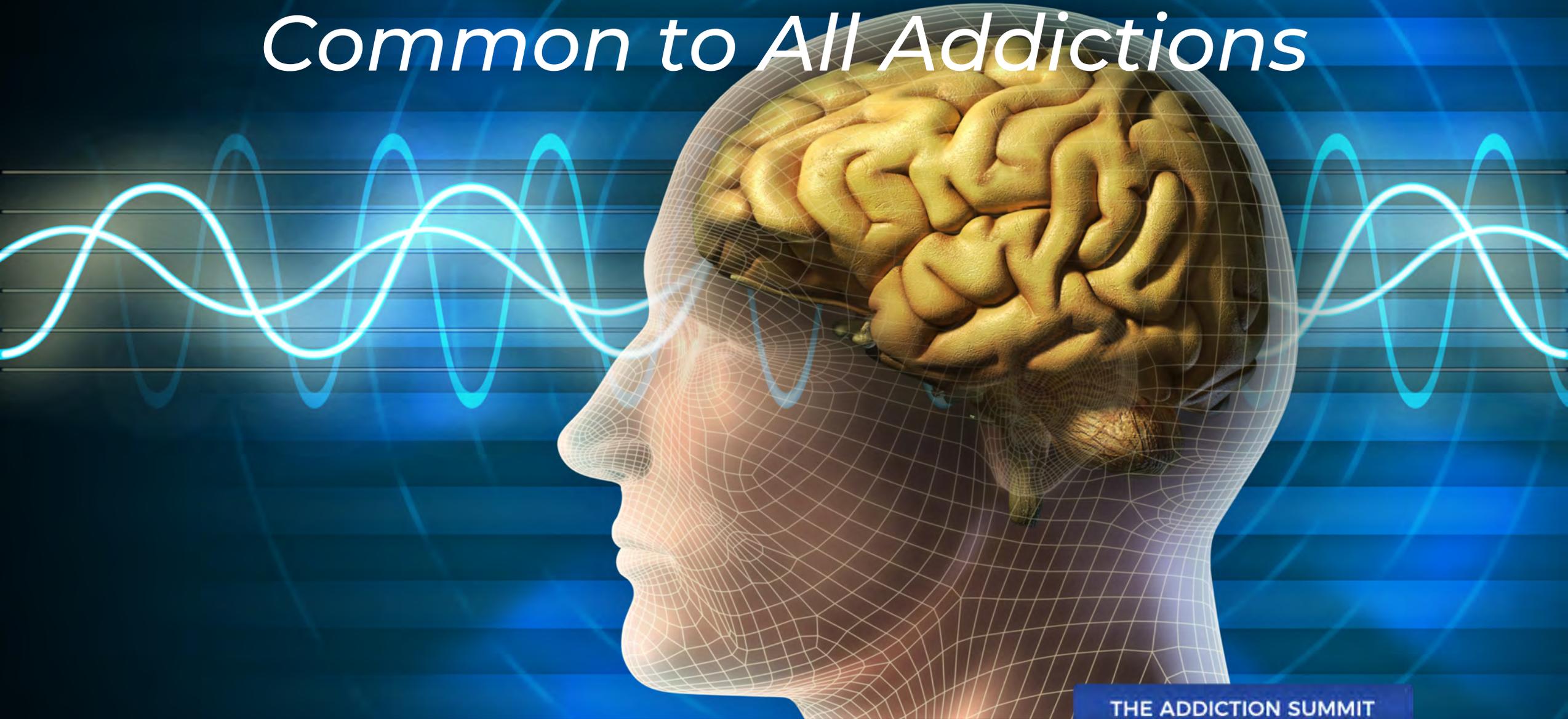


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Brain Chemical Pathways Common to All Addictions



Sayer Ji



- Author & researcher
- GreenMedInfo.com
- *What's with Wheat?*
- *Cancer Killers*
- Global Non-GMO Coalition

“I did actually naturally come to this understanding about food addiction through personal struggle. But then the literature was so interesting when it came to these foods actually being kind of like drugs.”



“You look at fructose and you look at ethanol, alcohol. Pathways activated in the liver and the brain are almost identical.”

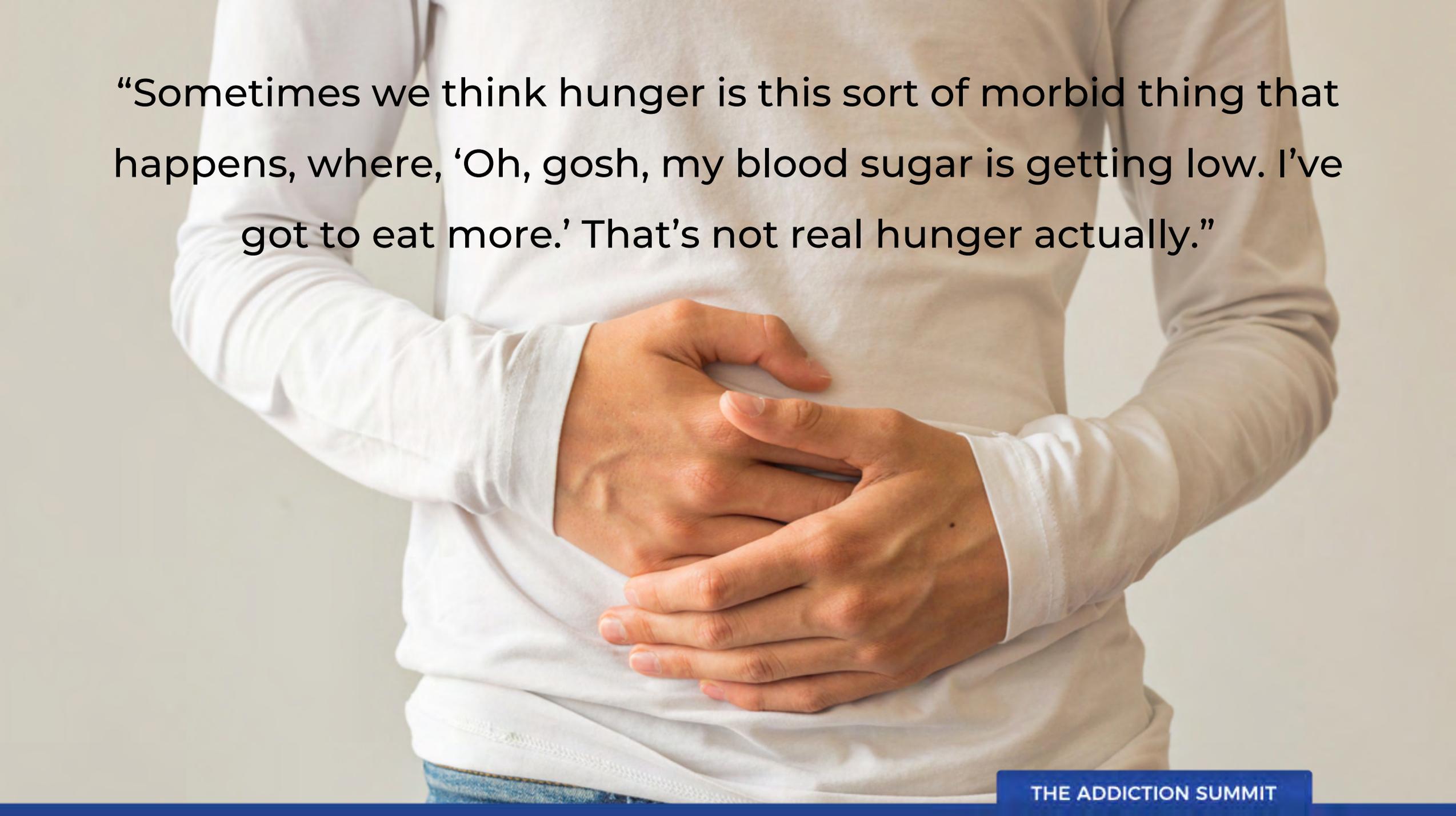


“Schizophrenia for example, mania, even some depression through some inflammation-mediated processes can be linked to consumption of wheat.”



“Until you remove this drug-like substance from your body and diet, you really wouldn't know if it is having an effect on you.”



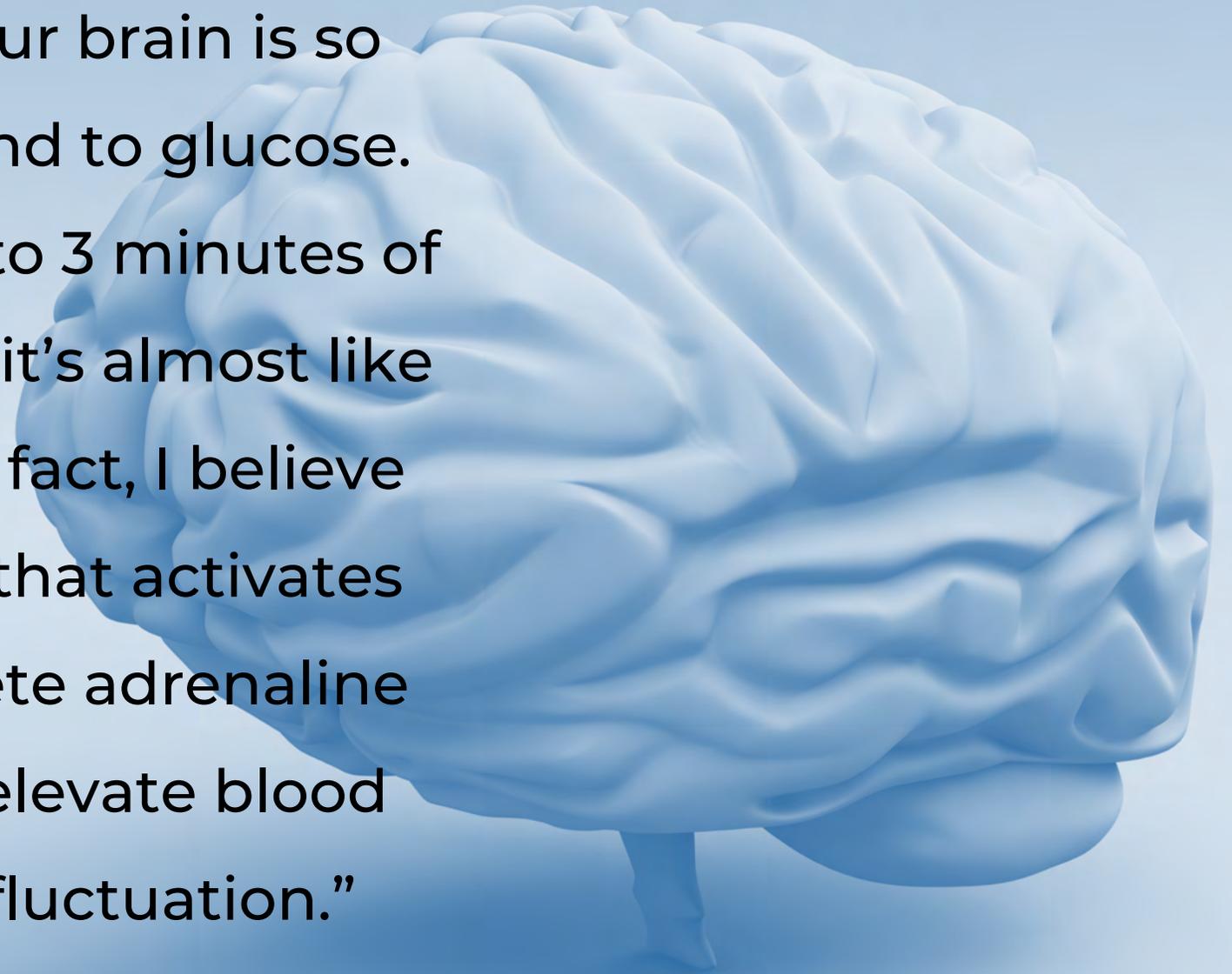


“Sometimes we think hunger is this sort of morbid thing that happens, where, ‘Oh, gosh, my blood sugar is getting low. I’ve got to eat more.’ That’s not real hunger actually.”

“It’s just different
when you eat real
food, whole food. It’s
shocking, actually.”



“We have to accept that our brain is so massively entitled in its mind to glucose. It’s like constantly, within 2 to 3 minutes of not having a steady supply, it’s almost like a fight or flight reaction. In fact, I believe there is a signal produced that activates the adrenal glands to secrete adrenaline and increase cortisol and elevate blood sugar in response to the fluctuation.”



“There’s an epidemic of
non-alcohol fatty liver
disease through fructose
consumption.”

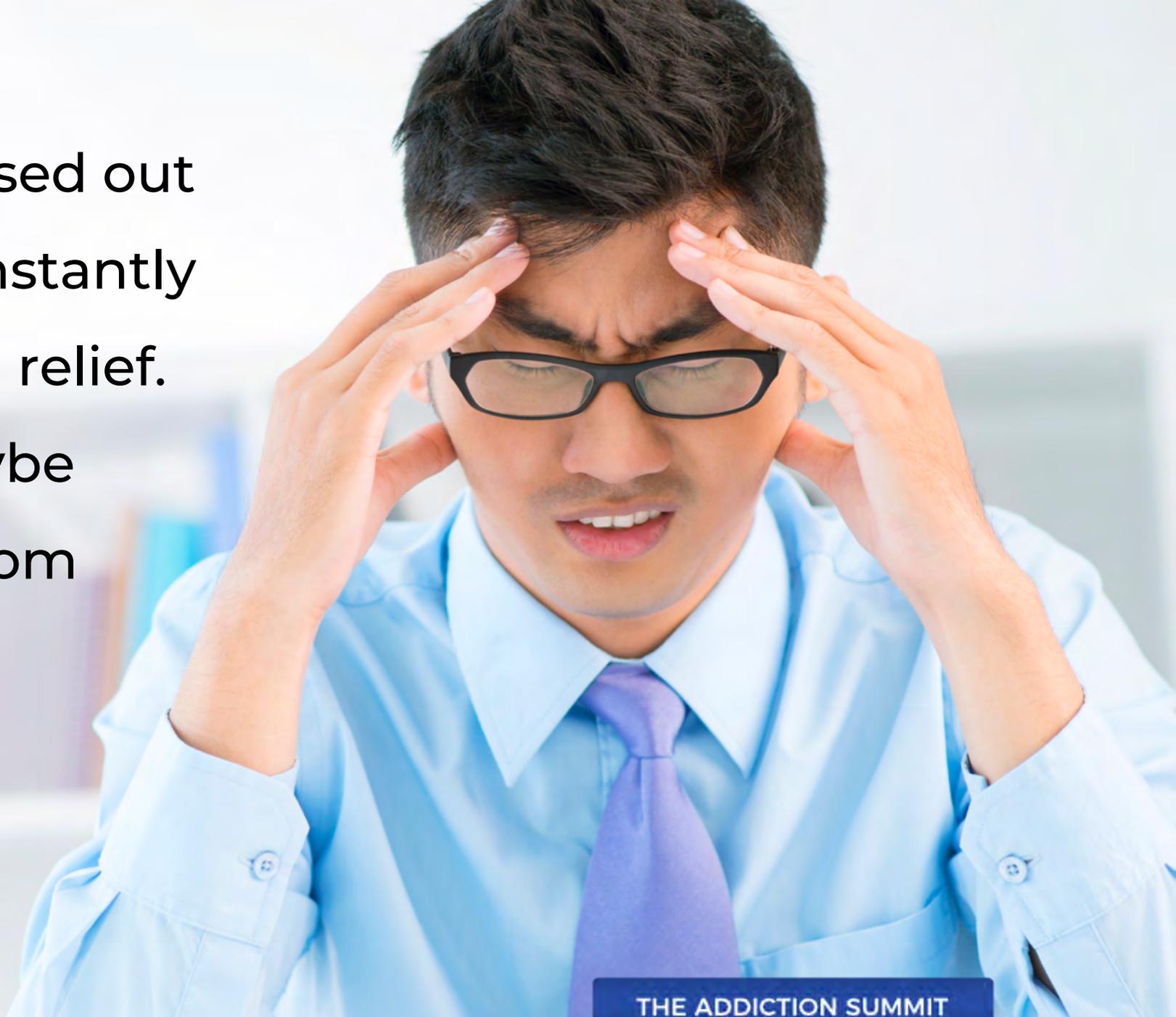


“Go and move, if you need to, to gluten free. But keep in mind, a lot of the gluten-free products, being based on rice and barley and other processed gluten-free grains, are pretty high in the glycemic index and glycemic load and insulin-releasing properties.”



“We live in this stressed out state and we are constantly looking for external relief.

And we are maybe disconnected from ourselves.”



“For me, what has been incredibly helpful is exercise as a precursor to being in that still place. As I understand, even yoga, it exists in large part to prepare one for the place where your body is able to just sit there and be still.”



“Embedded in overcoming addiction is a sort of type of taking ownership of yourself and mastery.”



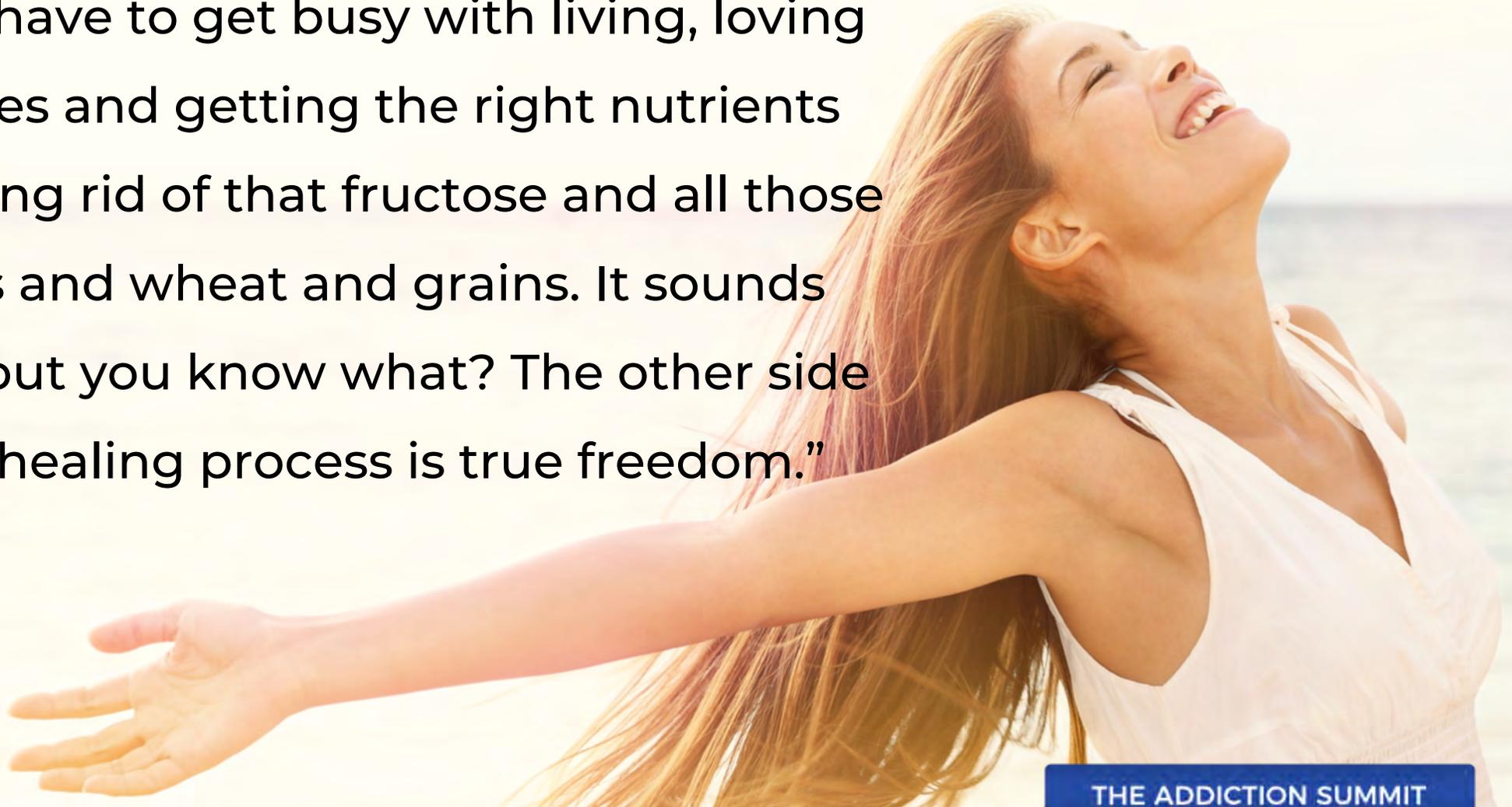


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“Just don't eat any more wheat. Just try it. You've taken control that part of things. And if something is going to open up, try to fill that void with truly healthy food alternatives like berries and organic apples, whatever. And you will see a difference. That is a loving step for your body, not overwhelming.”



“I don't know what addiction thing we are dealing with here, but folks, we can heal it. We just have to get busy with living, loving ourselves and getting the right nutrients and getting rid of that fructose and all those cereals and wheat and grains. It sounds drastic, but you know what? The other side of this healing process is true freedom.”



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