OVEREATING
Is Overeating a Non-Chemical Addiction?

Addiction is abusing chemical substances that alters the mind. Eventually the body/mind will depend on the substance.

Dr. Barry
Overeating is when an individual consumes, a greater amount of food. Which are high in calories and in large amounts. Which are not necessary for survival.

Research conducted at the University of Connecticut, reported that non-chemical addiction like overeating. Could be an individual's psychological strength and views.
According to some theories, addiction is considered internal or external. Nature or Nurture, also the individuals personality, environment exposes them to know where their ability. To control their senses of how to approve, and control what ‘s necessary, beneficial for themselves. Knowing how to follow this process, the individual would have to learn early in life (nature). The individual also need to have the will power of pushing/ignoring, the temptations to give in.

British Journal
• There’s a big difference between non-chemical addiction like overeating to being addicted to chemical substances.
• The brain mechanism according to the Health Center at the University of Connecticut, is balanced out differently.
• The inherited genes in chemical addictions are not involved in non-chemical addictions.
OVEREATING STATISTICS

• 30 percent of kids from 2 to 15 years of age, in the U.K. overeats.
• The numbers are high due to the lack of resources, health education and socioeconomic status.
• Adolescents start to overeat, due to their emotional, psychological and the issues that they deal with concerning their environment.
CHEMICAL ADDICTION (DRUGS/ALCOHOL) VS. NON-CHEMICAL ADDICTION (OVEREATING)

DIFFERENCES IN WHY?

- Psychological, emotional status plays a role in both circumstances.
- Chemical addictions can be inherited.
- Continues with their habits, even when physical ailments arise.
- Individuals/addicts cut back on their association with people who oppose to their habits.

**EXCUSES:**

- Overeaters spend tremendous amount of time shopping for their food of choice.
- Substance abusers makes promises on how they just want a little/one beer. While overeaters say they just want a spoonful, and ends up eating the whole thing.
IS OVEREATING A REAL ADDICTION?

According to the readings and research, I’ve conducted. I am left baffled and undecided, on what I consider in regards to overeating. The subject is broad and yet still has the same psychological, emotional and trauma just like chemical addiction.
