



## COST/BENEFIT HAND-OUT

What does food addiction cost us?

Check all that apply to you.

COST OF ACTIVE FOOD ADDICTION	BENEFIT OF RECOVERY
<b>Physical</b>	
Allergies	Decreased inflammation and discharge
Blood pressure	Normal blood pressure means reduced risk of stroke and disabilities.
Cancer	Reduced risk of painful treatment and early death.
Diabetes	Normal blood glucose means reduced risk of amputation, kidney failure, and blindness.
Excess fat tissue	Clothes fit better and better mobility.
Fibromyalgia	Release from pain.
Headaches	Release from pain.
Heart disease	A healthy heart supports a vigorous life.
Heart disease	Mobility, ease of breath, long life.
Infection	Reduced use of antibiotics and distress.
Inflammation	Comfort and mobility.
Irritable Bowel Syndrome	Normal gut and bowel
Joint disease and pain	Improved mobility and relief from pain.
Lipedema	Relief from bloating
Pain	Relief
Skin disease	Clear, itch-free skin
PCOS	Normal cycles and fertility
<b>Emotional</b>	
Anxiety/panic	Confidence
Fear/paranoia	Love

Depression/suicide	Happiness
Emotionally unavailable	Rewardingly engaged
Guilt/shame	Self-assurance
Irritability/anger/rage	Peace
Mood swings	Stable mood
<b>Mental</b>	
Alzheimer's	Ability to recognize loved ones
Cravings/obsession	Ability to choose thoughts
Dementia	Mental faculties into old age
Inability to focus/ADD/ADHD	Ability to focus
Inability to make decisions	Easier decision-making
Learning disabilities	Ability to learn
Loss of restraint and satiation	Ability to stop and to feel satisfied
Low self-esteem	Confidence
Memory loss	Ability to remember
Racing thoughts	Orderly thoughts
Self-judgement and criticism	Kind thoughts about self
<b>Behavior</b>	
Accepted abuse	Good boundaries
Lethargy	Active
Poor sleep	Restful sleep
Raging	Calm
Relationship distress	Rewarding relationships
Social phobia	Happily social
Stealing	Honesty
Grabbing processed foods	Cooking
<b>Spiritual</b>	
Despair	Optimism
Despondency	Courage
Feeling abandoned	A sense of belonging
Feeling defective	Feeling whole
Feeling lost	Feeling promise
Hopelessness	Hope
Lost	Sense of purpose