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The neurochemistry of a binge: Linking psychotherapy to the biology of the brain

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Abstract

A key feature of most weight management programs is to focus on whether you feel hungry or full. A lifetime of yo yo dieting makes such messages so confusing that one questions if it is really possible to distinguish the difference. Often the outcome is binge eating behavior, which itself is not well defined. The restraint theory literature has unveiled how cognitive processes trigger binge eating behavior. Brain imaging techniques have added credence to the restraint theory as well as supported clues to the predisposition of binge eating. Understanding the neurophysiology that triggers eating may provide some answers and assists the compulsive eater. Gastric bypass outcome data suggest the need to address more aggressively BED behavior. The incites from the restraint theory, brain imaging and gastric bypass provide clues on what therapeutic interventions will be most successful in treatment and long term recovery.

Biography

Carson has been involved in the clinical treatment of obesity, addictions and eating disorders for over 30 years. His unique background in health science and medicine (BS Duke University and B. H. S. Duke University Medical School) coupled with nutrition and exercise (BS Oakwood College, Ph.D. Auburn University) has prepared him to integrate neuropsychobiological intervention and proven psychotherapeutic treatment. Dr. Carson has honed his skills in communication and often-complicated science into enjoyable, practical and informative workshops. He is currently executive director of FitRx located in Nashville, TN which is a unique partial and IOP program designed to assist those people of size struggling with both the medical and psychological complications of binge eating. Ralph Carson, PHD has consulted with numerous addiction and eating disorder treatment centers throughout the country as well as being a highly sought after speaker at various conferences and workshops. Additionally Dr Carson has set up several eating disorder programs and corporate wellness programs. He is an active board member of the International Association of Eating Disorder Professionals (IAEDP). Working with Academy Medical Systems, he developed workshops for professional groups throughout the U. S. on topics such as exercise therapy, sports nutrition, eating disorders, and childhood obesity. He authored several popular book on nutrition, lifestyle practices, good health and the brain: **Harnessing the Healing Power of Fruits** and the recently published **The Brain Fix: What's the Matter with Your Gray Matter?**