**ARTICLE EXCERPT**

***THE CRAVING CURE:* THE NUTRITIONAL SOLUTION TO OUR WORLDWIDE DIETARY CRISIS**

More and more of those seeking integrative help with weight and health problems find it impossible to follow dietary suggestions because of their overpowering cravings for processed food. In fact, our cravings for highly inflammatory, high calorie, nutrient-poor foods have now precipitated the greatest international public health disaster in history:

* 80 percent of the U.S. population is now over weight and morbid (i.e. deadly) *obesity* accounts for almost half of that. But the U.S. obesity growth rate, for decades the world’s fastest, and still rising, has suddenly been exceeded by eleven, mostly third world, nations who have now “adopted” our diet.
* Fifty percent of U. S. adults have now been formally diagnosed with some form of Type 2 diabetes. Galloping diabetes rates in many countries throughout the world now equal or exceed our own. In China, the rate is *70 percent*.
* An international study published in 2018, found that ultra-processed food intake is linked to increased cancer rates; to a 12% greater risk of breast cancer, specifically.

Unfortunately, such fearsome realities have had little impact on the world’s eating habits. Our cravings for these “highly palatable,” drug-like foods outweigh our common sense, our vanity, and even our most powerful survival instincts.

**Next: Read on to learn how combining neuroscience and nutritional science has rescued over 5,000 food cravers from dietary disaster.**