

New Hope for Binge-Eating Disorder and Food Addiction: *A Functional and Integrative Model for Recovery*

An online symposium
March 20-21, 2021

This symposium will explore the research, clinical challenges, and controversies associated with Binge-Eating Disorder and food addiction and present an evidence-based functional medicine model for treatment. The New Hope Model integrates lab testing, nutritional supplementation, dietary modifications, and medication, and targets biochemical pathways that regulate appetite. The presentations in this symposium will give clinicians the tools to better support patients in mastering balance and relinquishing shame and guilt associated with these conditions. Learn from renowned experts in the fields of Binge-Eating Disorder and food addiction about topics including:

The Fundamentals of Binge-Eating Disorder - Diagnostic Criteria, Epidemiology, and More

The Role of Cognitive Behavioral Therapy in Binge-Eating Disorder

The Pharmacological Approach to Binge-Eating Disorder

The Neurochemistry of Appetite, Hunger, and Satiety Signaling

The Role of Amino Acids in Appetite Regulation

The Relationship of Sleep and Insomnia in Appetite Control

The Neural Correlates of Food Addiction - How Sugar Impacts the Brain

What About Food Is Addictive and What Can Be Done About It

*This program has been approved for 7 CE credits by Commonwealth Educational Seminars.
See the program webpage for all credit details.*

Pricing:

\$159 if registered by February 28

\$199 if registered after February 28

\$25 for CE credits

Registration:

The live and pre-recorded presentations will take place on Zoom.

Attendees will be able to ask questions of most speakers at the end of their presentations.

Registration includes:

- PDFs of the presentation slides sent before the symposium
- Access to a private event landing page with downloadable slides, additional resources, and sponsor promotional details
- Presentation recordings, delivered soon after the symposium*

*Recordings will not be available to those who aren't registered for at least 90 days after the event, and there will be a fee for them at that time.

For all details, including the schedule, speaker line-up, and registration, go to:

www.BingeEatingSymposium.com

Presentation Details

An Introduction to Binge-Eating Disorder – Kate Craigen, PhD (35 minutes, including Q&A)

Overview:

In this presentation, Dr. Craigen will review the important clinical features of this population of patients, national and international demographics data, and the role of shame and weight stigma in clinical interactions.

Learning Objectives:

- List the specific diagnostic criteria for binge eating disorder.
 - Identify four common precursors to binge eating episodes.
 - Describe two differences between loss of control eating and other types of eating episodes.
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The Functional and Integrative Medicine Model for Binge-Eating Disorder – Neurotransmitters, Amino Acids, and More – James Greenblatt, MD (75 minutes, including Q&A)

Overview:

In this presentation, Dr. Greenblatt will explore the clinical challenges of treating Binge-Eating Disorder and illuminate an evidence-based functional medicine model for treatment. The New Hope Model integrates lab testing, nutritional supplementation, dietary modifications, and medication, and targets biochemical pathways that regulate appetite, allowing clinicians to address imbalances that perpetuate hunger and cravings and bring patients back into balance.

Learning Objectives:

- Describe one way that neurotransmitter regulation affects hunger and satiety signaling.
 - List three common causes of functional amino acid deficiency.
 - Discuss one example of how 5-HTP can affect appetite regulation.
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The Etiology & Treatment of Co-Morbid Sleep, Circadian Rhythm Dysfunction & Night Eating Syndrome – Ralph Carson, LD, RD, PhD (60 minutes, including Q&A)

Overview:

Night eating syndrome (NES) is listed in the DSM-5 as an OFSED, but it was first described as long ago as 1955. There are varying operational definitions that categorize the syndrome as a combination of eating, sleeping and mood disorders. Too often NES is not identified nor treated by healthcare professionals despite its prevalence which is estimated to be as high as 25% of the loss of control (BED) population. Failure to address the condition can result in significant detriment to health and well-being. This talk will focus on the dysregulation of the circadian rhythm and provide insights into sleep improvement. Interventions for treating NES will touch on medications, nutritional therapy, psychotherapy, phototherapy and behavioral approaches.

Learning Objectives:

- Discuss five possible causes of night eating syndrome
- List three medications that have been useful in the treatment of night eating syndrome
- Describe the dietitian's role in treating night eating syndrome
- Explain how to correct a dysfunctional circadian rhythm pattern
- Compare how binge eating disorder differs from night eating syndrome
- Name five cues that reset the body's internal clocks.
- Identify three messengers that are cued by light dark cycles and show a characteristic 24hr pattern.

Presentation Details

CBT and BED: Cognitive Behavioral Strategies to Decrease Binge Eating – Kate Craigen, PhD (75 minutes, including Q&A)

Overview:

In this presentation, Dr. Craigen will review the foundations of the cognitive behavioral treatment of binge eating and the supporting scientific evidence. She will also provide details on some of the most efficacious interventions with case examples. She will also discuss the role of diet culture in the maintenance of binge eating and the challenges of integrating weight loss goals that could compromise treatment goals.

Learning Objectives:

- List two specific cognitive behavioral therapy (CBT) interventions that can be used in clinical practice.
 - Utilize the CBT-E formulation to guide case conceptualization of binge eating disorder.
 - Explain two in-session interventions that help challenge eating disordered thought patterns.
 - Describe a multi-step, graduated approach to the establishment of a pattern of regular eating.
 - Explain the importance of increased variety and the utility of food exposures in the treatment of binge eating disorder.
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The Science of Sugar Addiction: How our Brain and Behavior are Impacted by Processed Food – Nicole Avena, PhD (75 minutes, including Q&A)

Overview:

In this presentation, Dr. Avena will review the latest empirical research on food addiction from clinical and preclinical neuroscience and psychology studies. She will also discuss how processed foods can lead to signs of addiction, how we can characterize this, and how we can mitigate it.

Learning Objectives:

- List three criteria for addiction, and how processed foods have met each of them.
 - Describe what happens in the brain in response to overeating highly-palatable foods.
 - Summarize the latest research studies on food addiction in both pre-clinical and clinical models.
 - Discuss three core features of addictive foods, and how to recognize them in the food environment.
 - Explain two ways in which the modern food environment can contribute to addictive overeating, and which methods can be used to mitigate or prevent this.
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The Case for and Against Food Addiction: A Scientific and Legal Analysis – Robert Lustig, MD, MSL (75 minutes, including Q&A)

Overview:

While many in academia and clinical medicine who believe in "food addiction", there are factions who favor the concept of "eating addiction". This is not semantic, because it defines culpability and addresses where efforts should be placed. We will address the biochemical and legal definitions of addiction, to determine what about food is addictive, and what can be done about it.

Learning Objectives:

- Explain two differences between "food addiction" and "eating addiction".
- Describe the scientific precepts of addiction, and the physiology of dopamine.
- Discuss two aspects of the evolution of the criteria of addiction, from withdrawal to dependence.
- List two addictive properties of macronutrients and micronutrients.
- Explain the legal difference between "food" and "food additive".

Presentation Details

**The Pharmacological Approach to Food Addiction and Binge-Eating Disorder -
James Greenblatt, MD**
(60 minutes, including Q&A)

Overview:

In this presentation, using his experience as a medical director of a Binge-Eating Disorder program, Dr. Greenblatt will review the research on medications commonly used to treat BED, including one that is FDA approved. He will also discuss the impact of food additives like MSG and exorphins (like those in wheat and dairy) in food addiction.

Learning Objectives:

- Name one medication that is currently FDA approved for BED.
- Describe how to use naltrexone to treat BED.
- List two exorphins that may contribute to food addiction via morphine analogs.

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Symposium Speakers



Nicole Avena
PhD

Dr. Avena is a research neuroscientist, author, and expert in the fields of nutrition, diet, and addiction. She received a Ph.D. in Neuroscience and Psychology from Princeton University, followed by a postdoctoral fellowship in molecular biology at The Rockefeller University in New York City. She regularly appears on TV and radio and speaks at universities, government agencies, schools, and special interest groups about her research on food, addiction, and nutrition throughout the lifespan. She has appeared on the 'Doctor Oz Show' & 'The Doctors' and at numerous formal events around the country. She is the author of five books including *Why Diets Fail* and *Hedonic Eating*.



Ralph Carson
LD, RD, PhD

Dr. Carson has been involved in the clinical treatment of obesity, addictions, and eating disorders for over 40 years. His unique background in health science and medicine, coupled with nutrition and exercise has prepared him to integrate neuropsychobiological intervention and proven psychotherapeutic treatment. He is an active board member of the International Association of Eating Disorder Professionals (IAEDP). He has authored several popular books 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?* He is currently Vice President of Science and Innovation for the Eating Recovery Center's CORE Program for weight management and binge-eating disorders in Denver, CO and consultant for the Pinegrove Behavioral Health and Addiction Center in Hattiesburg, MS.



Kate Craigen
PhD

Dr. Craigen is a clinical psychologist and the Director of Clinical Integrity and Innovation at Walden Behavioral Care. Her responsibilities include overseeing clinical programming for binge-eating disorder across Walden's system of care. Before joining Walden, Kate completed her postdoctoral fellowship and was a clinical instructor at the Eating and Weight Disorders Program in the Department of Psychiatry at the Mount Sinai School of Medicine. Kate received her doctorate in clinical psychology from Fairleigh Dickinson University, where her research and training focused on eating disorders, trauma, and substance use.



James Greenblatt
MD

A pioneer in the field of integrative medicine, James M. Greenblatt, MD, has treated patients since 1988. After receiving his medical degree and completing his psychiatry residency at George Washington University, Dr. Greenblatt completed a fellowship in child and adolescent psychiatry at Johns Hopkins Medical School. He currently serves as the Chief Medical Officer at Walden Behavioral Care in Waltham, MA and serves as an Assistant Clinical Professor of Psychiatry at Tufts University School of Medicine and Dartmouth College Geisel School of Medicine. Dr. Greenblatt has lectured internationally on the scientific evidence for nutritional interventions in psychiatry and mental illness. Inducted into the Orthomolecular Medicine Hall of Fame by the International Society of Orthomolecular Medicine in April 2017, he is also the founder of Psychiatry Redefined. Greenblatt has also authored seven books, including *Finally Focused: The Breakthrough Natural Treatment Plan for ADHD*, and *Nutritional Lithium: A Cinderella Story*.



Robert Lustig
MD, MSL

Dr. Lustig is Emeritus Professor of Pediatrics in the Division of Endocrinology, and Member of the Institute for Health Policy Studies at UCSF. He is a neuroendocrinologist, with expertise in metabolism, obesity, and nutrition. He graduated from MIT in 1976, and received his M.D. from Cornell University Medical College in 1980. He also received his Masters of Studies in Law (MSL) degree at University of California, Hastings College of the Law in 2013. He is the Chief Science Officer of the non-profit Eat REAL, on the Advisory Board of the Center for Humane Technology and Simplex Health, and Chief Medical Officer of BioLumen Technologies, Foogal, and Kalin Health. He is the author of popular books *Fat Chance* (2012), *The Hacking of the American Mind* (2017), and *MetaboliCal: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine* (May 2021).

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