



Faisal Tai, MD of PsychPlus Quoted on Food Addiction

Board-certified psychiatrist Faisal Tai told *Newsweek* that the increased support for food addiction provides more understanding of the compulsive behavior.

"People can develop a compulsion or addiction to overeating for a number of reasons. Some people have a genetic disposition to addictive behaviors, sometimes people struggle with stress and anxiety, so overeating allows them to avoid the pain," Tai, CEO of PsychPlus, said.

"There are also the chemical reasons, when certain ingredients in food—especially fat, sugar and salt—stimulate the pleasure centers of the brain and release happy hormones, such as dopamine."

Tai explained that there are "very few permanent solutions" for behavioral conditions, so those with an addiction should "be diligent in controlling their daily consumption." He recommends regular exercise and moderation to help restrict the effects of the problem.