

It is recognized that North America and the Western world are experiencing unprecedented levels of obesity and associated health problems such as diabetes and metabolic syndrome. Equally it is recognized that the Standard American Diet (SAD) is associated with poor health and that as other countries adopt a more "Westernized" diet, obesity rises and health declines. Standard advice to "eat less, move more" has done nothing to improve these trends; the opposite is true. Increasingly, a role is being recognized for lower carb, higher fat diet and for intermittent fasting to combat these problems. Brainspotting therapy offers a unique contribution as it can be used to help clients recover from addictive eating patterns, to move beyond traumas underlying negative patterns, and to expand into better and healthier selves.