

Craving an Ice-Cream Fix

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The New York Times:

The notion that food can be addictive has been debated for some time and largely rejected by both nutrition and addiction researchers. But this spring, the secretary of health, Kathleen Sebelius, said that for some, obesity is “an addiction like smoking.” One month earlier, Dr. Nora Volkow, director of the National Institute on Drug Abuse, gave a lecture at Rockefeller University, making the case that food and drug addictions have much in common, particularly in the way that both disrupt the parts of the brain involved in pleasure and self-control.

Princeton University and University of Florida researchers have found that sugar-binging rats show signs of opiatelike withdrawal when their sugar is taken away — including chattering teeth, tremoring forepaws and the shakes.

Read the whole story: [*The New York Times*](#)