



Renascent™

The road to recovery starts here.

Complete Care for Food Addiction Recovery

One in 20 Canadians struggle with an addiction to food.*

Food addiction is real. Just like with drugs and alcohol, some people experience an addictive effect from certain foods. This often leads to food compulsion, and can develop into full blown addiction. Studies show our brain response to sugar is similar to that of cocaine.

Renascent offers the only inpatient treatment program in Canada for food addiction.

Because food addiction is a chronic condition, avoiding triggering foods and acquiring tools to help identify and prevent a relapse are essential to a successful recovery. Our inpatient program is grounded in an evidence-based and client- and family-centred approach. We provide around-the-clock counselling and support and teach practical recovery skills, getting to the underlying issues to empower individuals to manage their weight and eating practices.

Our exclusive treatment program is designed and delivered by a specialized team led by Renascent's Medical Director, who is an addiction specialist and American Board of Addiction Medicine-certified physician, and supported by a registered psychologist, a registered psychotherapist, a registered dietitian, and certified food addiction counsellors.

***Food Addiction: Its Prevalence and Significant Association with Obesity in the General Population, September 4, 2013.**

Intensive Inpatient Program

This 28-day treatment program is delivered in a residential setting.

- A gender-specific program designed for women 16 years of age and older who are in the middle and later stages of food addiction.
- Delivered at Renascent's women's treatment centre, the Graham Munro Centre, a heritage home in downtown Toronto.
- Includes Renascent's Continuing Care Program to provide support and help clients reintegrate into their daily lives within their home, community, and workplace.

Program Fee: \$13,995

Renascent's clinical staff draw on their own lived experience of addiction and long-term recovery to help clients see the potential for their own recovery.

Talk to someone who's been there:
1-866-232-1212
renascent.ca/food-addiction

Food Addiction and Eating Disorders, A Treatment Comparison:

Eating Disorders	Food Addiction
Psychological treatment model	Addiction treatment model
Focus on feelings	Abstinence first
Moderate eating of all foods	Complete elimination of addictive foods
Mindfulness training to <i>overcome</i> triggers	Mindfulness training to <i>manage</i> triggers
Cognitive or Expressive Therapy: to maintain moderation	Developing emotional skills and spirituality: to maintain abstinence
Empowerment <ul style="list-style-type: none">• Willpower	Acceptance of Powerlessness <ul style="list-style-type: none">• Addiction as allergy or disease• Stand in appropriate authority with food
Goals: <ul style="list-style-type: none">• Abstain from bingeing behaviour• Return to normal eating	Goal: <ul style="list-style-type: none">• Life-long management of food addiction, one day at a time

Am I a Food Addict?

To find out if you might be struggling with an addiction to food, answer the following questions as honestly as you can:

- Have you ever wanted to stop eating and found you just couldn't?
- Do you think about food or your weight constantly?
- Do you find yourself attempting one diet or food plan after another, with no lasting success?
- Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging?
- Do you eat differently in private than you do in front of other people?
- Has a doctor or family member ever approached you with concern about your eating habits or weight?
- Do you eat large quantities of food at one time (binge)?
- Is your weight problem due to your "nibbling" all day long?
- Do you eat to escape from your feelings?
- Do you eat when you're not hungry?
- Have you ever discarded food, only to retrieve and eat it later?
- Do you eat in secret?
- Do you fast or severely restrict your food intake?
- Have you ever stolen other people's food?
- Have you ever hidden food to make sure you have "enough"?
- Do you feel driven to exercise excessively to control your weight?
- Do you obsessively calculate the calories you've burned against the calories you've eaten?
- Do you frequently feel guilty or ashamed about what you've eaten?
- Are you waiting for your life to begin "when you lose the weight"?
- Do you feel hopeless about your relationship with food?

If you answered "yes" to any of the above questions, you may be a food addict. But you are not alone. Renascent offers hope and recovery through our real solution to food addiction.

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