



Have You Considered the Latest in Appetite Regulation and the Treatment of Obesity? Consider Neurofeedback for Permanent Change!

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For many people, weight loss is a struggle because they don't register satiety after eating in the same way other people do. Individuals who lack appetite control may find they regularly overeat, feel a compulsion to eat, and only register satiety when they are physically full. The inability to control one's appetite plays a major role in obesity, and any treatment or weight loss plan should address this issue.

There are many reasons people have trouble controlling appetite - some physiological and some mental and emotional. Physiologically, people may lack appetite control because their bodies are not sending the correct signals to their brains about when they have had enough to eat. Neurofeedback therapy helps retrain the brain to understand those signals, helping the individual regain control over the physical cause of their behavior. But it doesn't stop there. The inability to regulate appetite is often the result of deep-rooted emotional issues that lead to overeating and compulsive eating. Depression, anxiety and past trauma can all be identified and resolved through the lens of neurofeedback therapy, helping the individual gain emotional and mental control over appetite. In addition to a sound nutrition and exercise plan, neurofeedback can address the features of appetite control that are often overlooked in traditional treatment methodologies, considerably increasing the individual's well being and increasing the potential for long-term recovery.

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