

## **If You Believe**

Published on Food Manufacturing (<http://www.foodmanufacturing.com>)

---

## **If You Believe**

Science is increasingly uncovering evidence that some foods can change brain chemistry, mimicking the effects of addiction. One author claims that her faith helped her overcome her cravings and the issues she had surrounding eating.

**Source URL (retrieved on 01/30/2015 - 11:33pm):**

<http://www.foodmanufacturing.com/videos/2013/01/if-you-believe>