



Dr. Vera Tarman

Dr. Vera Tarman, a medical addictions physician, is also a recovering food addict who has maintained a 100-pound weight loss for more than 12 years. She explains how a sugar and flour addiction can be as treacherous as an addiction to alcohol and tobacco – and shows audiences how to break free.

Rave reviews for Dr. Tarman...

"I highly respect Dr. Tarman first and foremost for her genuine passion toward food addiction and those that struggle with the disease. She makes food addiction easy to understand for patients, medical doctors, clinicians and obesity practitioners."

Tony Vassallo of MODA Nutrition

"Dr. Vera Tarman has a unique ability to win the audience over with her sincerity and passion for the subject of food addiction."

Esther Helga Gudmundsdottir of the International Food Addiction Training Program

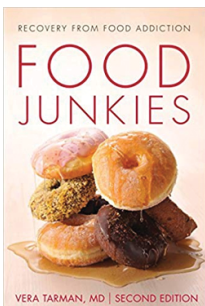
"Food Junkies is a must-read for those interested in addiction and obesity management."

Dr. Nicole Avena, foremost food addiction scientist

"I'm happy to endorse Food Junkies!"

Judy Collins, singer, songwriter and former food addict

Author of Food Junkies



It can start with just one donut and, within months, turn into a habit that's as addictive as cocaine. Food Junkies covers the updated science of sugar and food addiction. It helps readers identify if they're emotional support eaters or full-fledged food addicts. The second edition focuses on recovery and includes stories of those who have succeeded and learned that food serenity tastes great.

Let's Connect:



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ADDICTIONS UNPLUGGED THE POWER IS OURS

The 7-Step Plan to Overcome Food Addiction

- How to identify and avoid your trigger foods
- The 3 dangerous places where trigger foods lurk
- How to plan a daily menu that satisfies you and discourages temptation
- Tips for creating a strong safety net & support group so you don't quit

How to Break Free from Sugar, the Ultimate Weight Loss Enemy

- How to identify the many forms of sugar so you recognize the enemy
- Why the way you were taught to read food labels is probably wrong
- 5 foods where sugar hides, despite what the "health gurus" say
- Healthy food you can eat to satisfy your sugar craving

Why Dieting is Making You Fatter and How to Quit NOW

- What you must know about hunger and how to tame it
- The truth about the fasting fad and how it really affects your health
- The Number One best way to lose off and keep it off
- Strategies for dealing with the food pushers in your life
- How hormones & neurochemicals work for or against your food plan

How to be the Trusted Go-to Coach for Weight Loss

This program is customized for weight coaches, clinical workers and other professionals who have clients who are overweight or obese.

- 7 ways to know if your client is really a food addict
- The science behind food addiction and how to teach it to your clients
- Which foods are addictive and which tools you can use to help them break free
- The one thing you must do to keep clients from feeling shame
- Strategies for dealing with angry, frightened clients to get them back on track
- How to handle questions about the most popular weight loss programs

About Dr. Vera Tarman

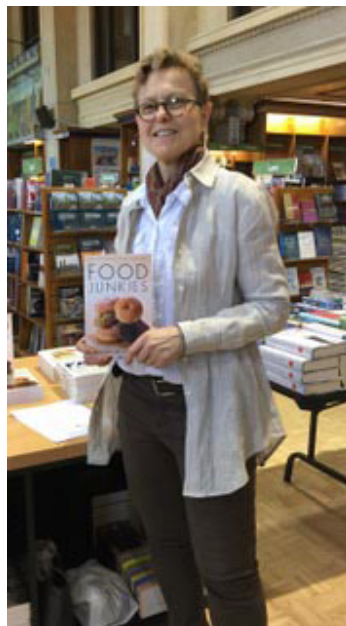
Dr. Vera Tarman, a medical addictions physician in Toronto, works with people who want to break their dependence on unhealthy foods. Over the last 20 years, she has been the medical director at a clinic that has served more than 10,000 patients, including 1,000 with food addictions. She is the author of Food Junkies – Recovery from Food Addictions (Second Edition). Her audiences have included more than 50,000 health care experts, medical professionals and people who learn how to break their food addiction through community and peer support. As a recovering food addict, she has maintained a 100-pound weight loss for more than 12 years and has been "clean" from sugar and flour for eight years.



Let Your Audiences Hear Dr. Vera Tarman's Story of How She Diagnosed and Tamed Her Food Addiction, and How They Can Too



Here I am at 240 pounds, Size 26, in 2004



Here I am at 137 pounds, Size 12, in 2019

For Dr. Vera Tarman, losing 100 pounds started with more than just changing her eating habits. It meant admitting she was a full-fledged food junkie, with a crippling addiction as strong as alcohol, tobacco or cocaine. Audiences love her honesty, compassion and humor when she explains how she slays her food demons. And they leave with a plan that can change their lives forever.

More Rave Reviews:

“Dr. Vera Tarman has a unique ability to win the audience over with her sincerity and passion for the subject of food addiction.” – Esther Helga, International Food Addiction Counsellor Training Program

“Vera is a force when she teaches. Complex concepts are explained simply and she leaves no question unanswered.” – David Wolfe, Food Addiction Institute.

“I highly respect Dr. Tarman first and foremost for her genuine passion towards food addiction and those that struggle with the disease. She makes food addiction easy to understand for patients, medical doctors, clinicians or obesity practitioners.”

– Tony Vassallo from MODA Nutrition

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