



Food Addiction Coaching – Help for Eating Addiction



Food and sugar are the most overlooked addictions, rarely discussed. Dr. Cali Estes, a food addiction specialist, and her team are here to help you or your loved one get the [food addiction treatment](#) they need for their struggles with overeating. With their unique action planning process, they offer an opportunity to bring your habits into perspective and employ healthy changes that can help free yourself from craving those foods again forever!