Selected Studies
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Intuitive Eating Studies ........................................................................................................ pages 1 to 13
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Food Restriction/Dieting/Binge Eating Studies ................................................................. pages 14-15
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INTUITIVE EATING STUDIES


https://doi.org/10.1016/j.bodyim.2021.09.001


Tylka, T., R. Calogero, and S. Danielsdottir. 2015. Is intuitive eating the same as flexible dietary control? Their links to each other and well-being could provide an answer. Appetite 95: 166-175.


**SELECTED STUDIES ON INTEROCEPTIVE AWARENESS**

*denotes notable paper


https://escholarship.org/uc/item/2b22j504


**FOOD RESTRICTION/DIETING/BINGE EATING**


Richmond et al. (2020). Weight-Focused Public Health Interventions—No Benefit, Some Harm. *JAMA Pediatrics* Published online 11-16-2020


INEFFICACY AND HARM FROM WEIGHT LOSS INTERVENTIONS


*Gaesser & Angadi (2021). Ob*sity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks. iScience 24 102995. (open access)*


WEIGHT CYCLING


