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Founder of Twin Cities Food Recovery Program Praising AMA for Decision Regarding Obesity

(Wayzata, Minn.) – Burt Nordstrand, founder of COR Retreat, a food recovery program, is singing the praises of a big decision made this week by the American Medical Association (AMA).



During the association’s annual meeting in Chicago, the AMA officially recognized obesity as a disease. According to an article in the New York Times, published on June 18, having the nation’s largest physician group make the declaration should focus more attention on obesity; and could help improve reimbursement for obesity drugs, surgery and counseling.

Nordstrand says this week’s decision is huge.

“I have known for a long time that food addiction or overeating, which leads to obesity, is not something a person can control without help. It is a disease that takes over control of the sufferer’s life. I’m hopeful that the American Medical Association’s decision will bring help to those who are suffering from obesity and its many causes.”

It wasn’t so long ago that doctors were warning Nordstrand about the health implications he was facing due to his food addiction. In *Living with the Enemy: An Exploration of Addiction and Recovery*, the award-winning memoir Nordstrand wrote with Carol Pine in 2010, he shares his success story in overcoming his addiction to food and other compulsive behavior.

“Everything that is important to me in my life today, is directly related to taking a wonderful step 30 years ago,” he said. “That step was asking for help.”

The journey of self-discovery that Nordstrand recounted in his book formed the basis for his commitment to helping others suffering from compulsive overeating. The idea for the residential food recovery program he had envisioned turned into reality when the McIver Center for Spiritual Development in the Big Woods of Wayzata, Minn., became available to host COR Retreats in 2011.

The nonprofit offers a monthly five-day, four-night experience in which participants learn how to live free from the obsession with food and the excess weight it causes.

COR Retreat’s next program is planned for July 10 – 14, 2013. To learn more log on to www.cormn.org.

To arrange an interview with Burt Nordstrand, contact Rachel M. Anderson, Publicist, RMA Publicity at 952-240-2513 or rachel@rmapublicity.com