



iQuestions Faculty, Dr. David Eckman

Question:

What is addiction?

Answer:

When you talk about addiction as to what it is, you've got to make a distinction between temptation, compulsion, and addiction.

Temptation is when we have the desire to do something that may be inappropriate.

Compulsion is when our mind begins to whirl around some object, such as eating food, where the mind and heart becomes preoccupied with food, or the mind and heart becomes preoccupied with pornography, and the brain just whirls around the topic.

But where it becomes addiction is when the person becomes enslaved to such an extent that it begins to damage their life. The individual finds that they can't say no to the desires within, to the thoughts which are pushing them. Addiction is when the slavery sets in.

Since you've asked the question about addiction, let me give you some hope. When a person restructures their heart, restructures their life, they open up their life. They open up their life to a whole new world, and you'll be drawn into a whole new world of health.

If you restructure your life, restructure your heart, you'll find a 90% chance of beating this stuff—but the best part about it is that you will step into a new world of health and enjoyment that will keep you there and keep you away from addiction.