Mark Twain once rightfully said, "It's not what you eat that gives you indigestion, it's what's eating you." The Meier Clinics, for nearly thirty years now, are world-renowned for being "insight-oriented;" a psychological term that means we try to dig out everyone's root problems. For instance, Tom marries five women in a row who are totally controlling and verbally abusive, and believes he just had bad luck with women. He finds out in therapy, however, that he still craves the approval of his controlling, verbally-abusive mother; this is his root problem.

Sally has been 100 pounds overweight all her life and blames it on a low metabolism. She discovers in therapy that she never felt loved by either parent, and actually put the weight on quite soon after being sexually molested by her best friend's dad when she was eight years old. The extra 100 pounds is a protective wall against being controlled and abused by other males, but it is unconscious. She binge eats when, in reality, she is feeding her "love hunger." The counseling helps her to figure out that her weight problem isn't stemming from a low metabolism.

I co-authored a book called Love Hunger in 1990 that was revised and redistributed in 2004, telling about at least a dozen root problems that cause binge eating. It has sold nearly one million copies. Some of our Meier Clinics that include eating disorder tracts, specializing in the treatment of binge eating, bulimia (purging for weight control) and anorexia (self-starvation).

Give us a call or see a trained therapist if you want to get to the root of your problems and find out “What’s eating you!”

Paul Meier, M.D., is the founder of the nation-wide Meier Clinics (www.meierclinics.org) established in 1976. He is widely acknowledged as a pioneer in the integration of the physical aspects of man with the psychological and spiritual dimensions.

Dr. Meier received his Masters of Science degree in Cardiovascular Physiology from Michigan State University, his Medical Degree (M.D.) from the University of Arkansas College of Medicine, and completed his psychiatric residency at Duke University. Dr. Meier attended graduate courses at Trinity Evangelical Divinity School in Deerfield, Illinois, in 1975-76 while as a full-time faculty member. He also holds a Master of Arts degree from Dallas Theological Seminary, where he served as a full-time faculty member in pastoral counseling for 12 years.

In 1999, Dr. Meier was honored by the American Association of Christian Counselors with a Lifetime Achievement Award at their Worldwide Conference. In 2006, Dr. Meier was named as a Physician of the Year by The National Republican Congressional Committee and honored at a reception by the President of the United States and Congress in Washington, D.C.

Dr. Meier has been a guest on numerous radio and television programs throughout his professional career, including Oprah Winfrey, The Tom Snyder Show, Dr. Norman Vincent Peale, Joyce Meyer, Paula White, and Radio Free Europe. He has been honored to teach and speak at many universities and seminars throughout the world, often lecturing on insight-oriented therapy and other related topics. Dr. Meier has authored or co-authored over 80 books and written numerous articles for magazines and other publications.