

use a substance.

The use creates a feeling of euphoria. The addiction for the medicine is a chronic disease, it usually comes after psychological problems for example: anxiety, depression, fear.



**The problems behind junk food's addiction:**

Food is our fuel it has a direct effect on how we feel, and if we often eat junk food in our organism it can give problems to the various organs.

**How can we get out of junk food addiction:**