

Drug-Free Obesity Breakthrough: Emotional Brain Training (EBT) Offers Lasting Weight Loss by Rewiring Stress Response

Groundbreaking Approach Presented at Obesity Medicine Association's Annual Conference – A Call to Action for "Making America Healthy Again"

BALTIMORE, MD, UNITED STATES, April 18, 2025 /EINPresswire.com/ -- At a time when the nation

“

The obesity crisis won't be solved by more drugs. It's time to equip Americans with brain-based tools to shut down stress-driven overeating permanently.”

Dr. Laurel Mellin

faces soaring obesity rates and unsustainable reliance on weight-loss drugs, [Emotional Brain Training](#) (EBT), a neuroscience-backed, drug-free solution, offers a proven path to lasting weight loss by treating the root cause: chronic stress.

On April 26, 2024, at the Obesity Medicine Association's Annual Conference, Dr. Laurel Mellin, founder of EBT and a pioneer in stress resilience research, will present compelling evidence that rewiring the brain's [stress](#)

[response](#) can naturally suppress appetite, reduce cravings, and sustain weight loss—without pharmaceuticals.

Why This Matters Now

The obesity epidemic is not a GLP-1 deficiency but a stress-chemical cascade rooted in our biology. Stress triggers eight key chemicals (cortisol, dopamine, insulin, leptin, ghrelin, serotonin, GLP-1, and PYY) that drive overeating and fat storage. Traditional diets fail because they don't address this maladaptive stress response.

EBT is the only non-surgical weight-loss method proven in peer-reviewed studies to sustain results at 2- and 6-year follow-ups. By contrast, nearly all diets lead to re-gain within a year.

A National Solution: "Make America Healthy Again"

Dr. Mellin's research reveals that upgrading stress resilience can:

- Switch off obesity-promoting chemicals before eating.
- Rewire the brain to prefer healthy foods over ultra-processed options.
- Reduce healthcare costs linked to long-term drug dependence.

"The obesity crisis won't be solved by more drugs," says Dr. Mellin. "It's time to equip Americans with brain-based tools to shut down stress-driven overeating—permanently."

Call to Action for Health Leaders

With rising concerns over the financial and health burdens of weight-loss medications, EBT presents a scalable, cost-effective public health strategy. Dr. Mellin urges policymakers, including U.S. Secretary of Health Xavier Becerra, to explore EBT as a drug-free pillar in combating obesity.

Event Details:

What: "Emotional Brain Training (EBT): Treat the Stress Response for Lasting Weight Loss"

When: April 26, 2024 | Obesity Medicine Association Annual Conference

Where: National Harbor, MD | Register: ObesityMedicine.org/education/annual-conference

For Interviews or Further Information:

Contact Dr. Laurel Mellin at laurel@ebt.org or (415) 272-4077.

###

About Emotional Brain Training (EBT):

Developed at UCSF School of Medicine, EBT is a neuroscience-based method that rewires the brain's stress response to reduce cravings, improve metabolic health, and enhance emotional resilience. Learn more at www.ebt.org.

About the Obesity Medicine Association (OMA):

OMA is the leading clinical obesity organization in the U.S., advancing evidence-based approaches to [obesity treatment](#). Explore more at ObesityMedicine.org.

Contact marketing: <https://www.bestbma.com>

Dr. Laurel Mellin

Emotional Brain Training (EBT)

+1 415-272-4077

[email us here](#)

Visit us on social media:

[Facebook](#)

[X](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/804571702>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something

we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.