

CONDITIONED FOOD AVOIDANCE & SENSITIVITY TRAP (C-FAST)

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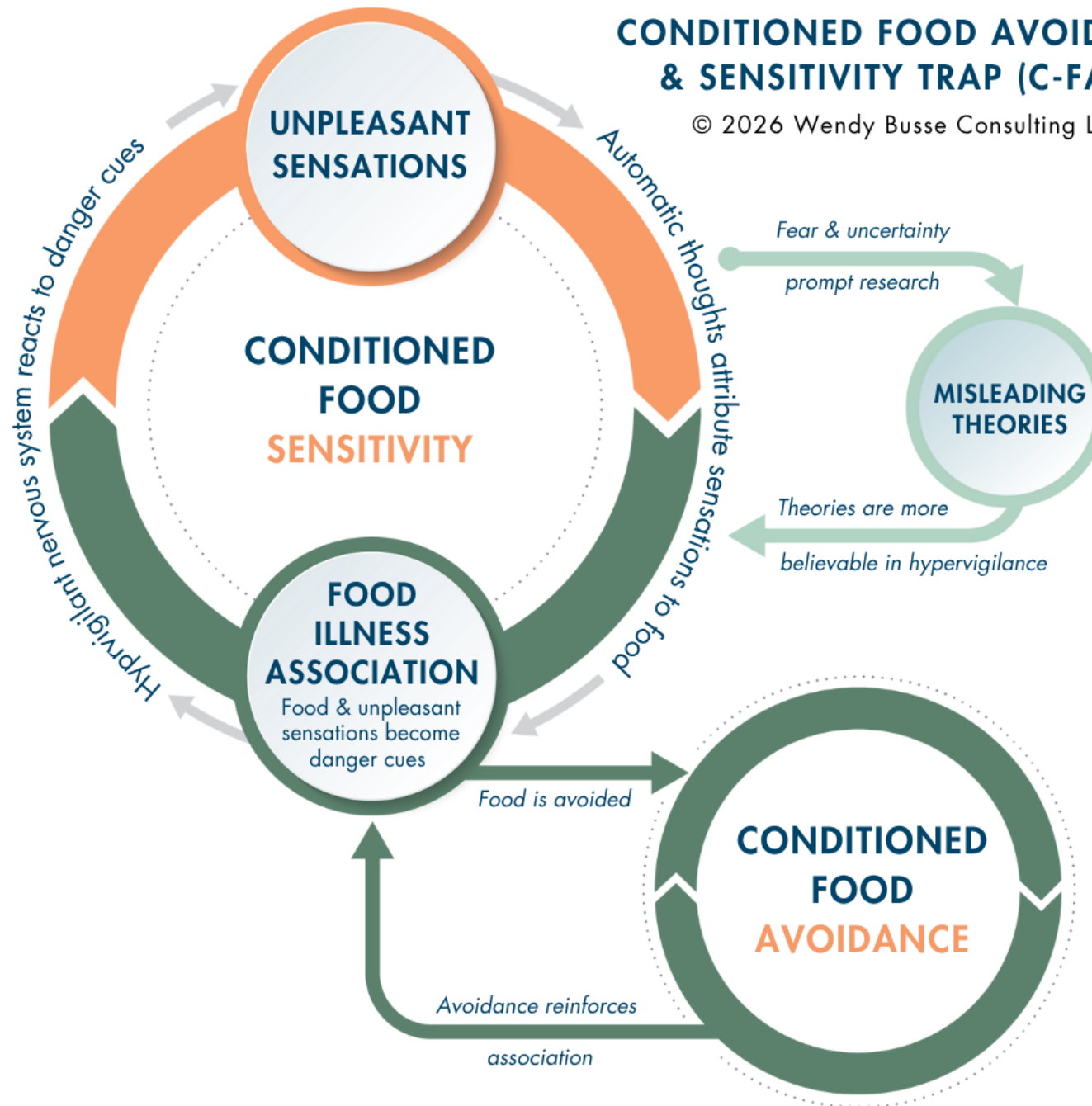


Figure 1: The **C-FAST model** illustrates how fear and avoidance can heighten food sensitivity, creating a self-reinforcing cycle.