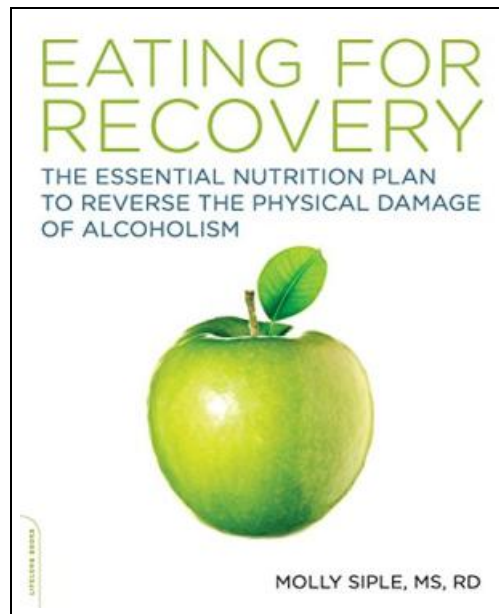


The Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage of Alcoholism



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Absolutely essential study pdf. It is written in basic words and phrases rather than hard to understand. I am just happy to tell you that this is basically the finest pdf I actually have studied during my personal lifestyle and can be the very best publication for actually.
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THE EATING FOR RECOVERY: THE ESSENTIAL NUTRITION PLAN TO REVERSE THE PHYSICAL DAMAGE OF ALCOHOLISM



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The Perseus Books Group, United States, 2008. Paperback. Book Condition: New. 229 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.You can reverse the physical damage of alcoholism with nature s best medicine: food. Common side effects of excessive drinking include poor digestive and liver function; problems with managing blood sugar; weakened circulatory, immune, and nervous systems; and impaired thinking and changes in mood-regulating hormones. While the primary focus of anyone recovering from alcoholism is staying sober, a critical part of recovery involves halting or reversing the physical damage of excessive alcohol consumption. Registered Dietitian Molly Siple s innovative program helps you improve your health, detoxify, and reduce the risk of degenerative diseases linked to alcohol abuse. Siple s stress-free, uncomplicated program offers: * Critical information on common physical ailments brought on by alcoholism * Lists of recovery foods that help combat specific ills and improve health * Manageable recovery goals and easy ways to implement them * Easy-to-make recipes for every meal, including snacks and beverages * 21 days worth of menus to jump-start nutritious eating * Shopping lists, recommendations for eating out, and other resources Eating for Recovery s guidelines, practical tips, recipes and varied meal plans make it the essential resource for anyone seeking to restore their health and vitality after alcohol abuse.



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