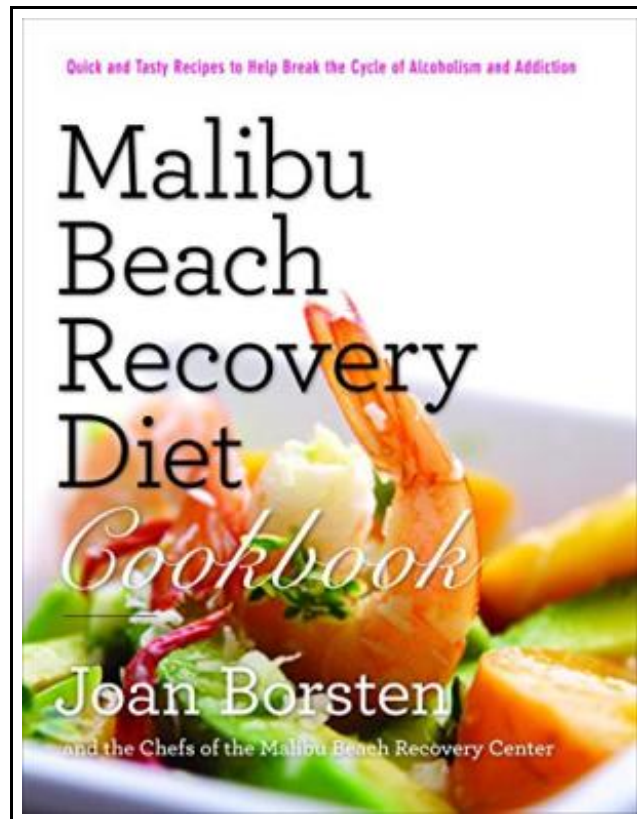


Malibu Beach Diet Recovery Cookbook: Quick and Tasty Recipes to Help Break the Cycle of Alcoholism and Addiction



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

MALIBU BEACH DIET RECOVERY COOKBOOK: QUICK AND TASTY RECIPES TO HELP BREAK THE CYCLE OF ALCOHOLISM AND ADDICTION



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Independent Publisher, United States, 2015. Paperback. Book Condition: New. 2nd. 279 x 229 mm. Language: English . Brand New Book. The groundbreaking Malibu Beach Recovery Diet Cookbook is specially designed to help alcoholics and addicts who are on the path to recovery. The healthy and delicious recipes are based on a French low-glycemic diet and incorporate several decades of neuroscience research about the relationship between healthy food and addiction. Malibu Beach Recovery Diet Cookbook includes four, seven day menu plans, each created by an executive chef and includes more than 150 recipes that are designed to be simple but elegant, fresh and seasonal, and beautiful to behold. The result of addicts and alcoholics eating healthy food, says Joan Borsten, co-founder of the renowned Malibu Beach Recovery Center, is visible mentally and physically within 7-8 days. Her firsthand observations are clinically supported by Dr. Mark Gold, MD and Dr. Kenneth Blum, PhD, two of the United States leading scientists in the field of addiction. The recipes are crafted to provide a combination of foods and nutrients to help cleanse the body, regenerate the organs, rehabilitate the body's natural energy and fuel well-being by restoring the production of dopamine. Most alcoholics and addicts have low levels of dopamine, the brain's feel good chemical. The recipes avoid refined (table) sugar, as sugar is the number one transfer addiction and complicates the issues of brain healing, depression and mood. Malibu Beach Recovery Center is well known in the addiction industry for its team of executive chefs, many trained in Michelin-star restaurants, and the mouth watering food served each day. This diet and the recipes are also extremely helpful for those with anxiety and depression as well as diabetics and people with eating disorders.



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