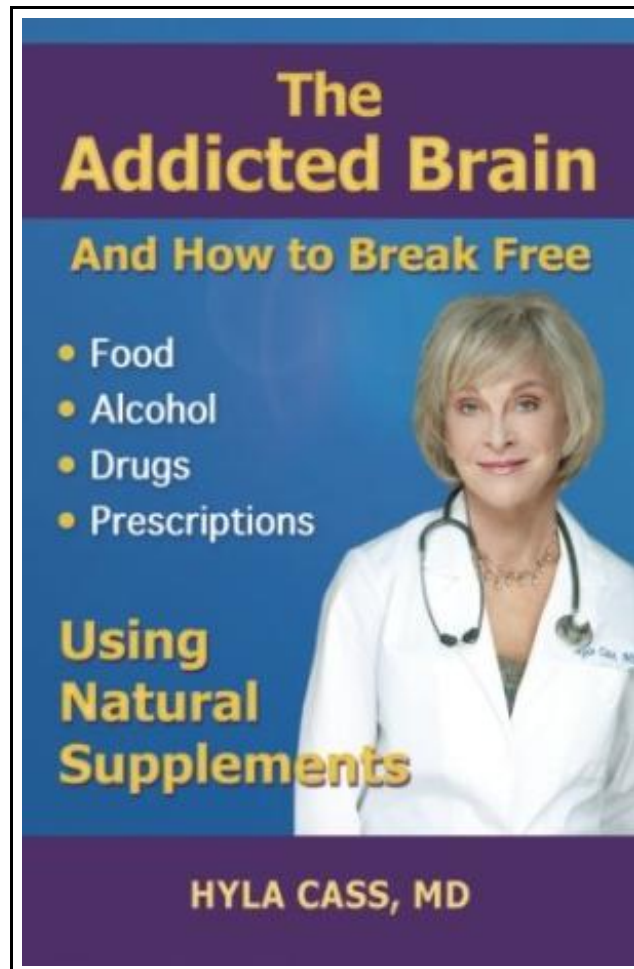# The Addicted Brain: How to Break Free

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Reviews

These sorts of ebook is the best publication accessible. It is amongst the most amazing ebook i actually have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Jace Gusikowski IV)

THE ADDICTED BRAIN: HOW TO BREAK FREE

Biobalance International, United States, 2014. Paperback. Book Condition: New. 214 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.This groundbreaking book by acclaimed functional medical doctor Hyla Cass takes a new and natural approach to addiction that offers positive results far from the tough it out methods or prescription drugs often employed by conventional medicine to treat addiction. Addiction has become epidemic is today s society. Addiction can involve a whole range of habits, including food, tobacco, alcohol, drugs of abuse, or prescription medication, and even behaviors like gambling, pornography, or sexual activity. Addiction is a brain disease affected by nutritional, behavioral and emotional factors. Very often, Dr. Cass has discovered, correcting brain chemistry imbalances that trigger addictive behaviors will eliminate the addiction. Her program of optimal brain nutrition that includes healthy eating, proper supplementation and lifestyle modifications has proven effective for thousands of her patients and readers without negative side effects. Praise for The Addicted Brain Once again, Dr. Cass has written an easy-to-read, easy-to-understand book about a not-so-easy subject. She performs a huge public health service by tackling one of today s major crises, and brings hope to the patients and their families. Doctors should consider this recommended reading if they put themselves out as addiction experts. -Garry M Vickar, MD, FRCPC, Distinguished Life Fellow, American Psychiatric Association; Lecturer, Washington University Dept. of Psychiatry, St. Louis; Professor and Clinical Chair, Dept. of Psychiatry, St Matthews University As owner of one of the leading treatment centers of the country, I ve been blessed with the opportunity to see hundreds of suffering addicts recover. Dr. Cass is an expert in the addiction treatment field. We use many of the principles contained in this book to treat our patients. Anyone whose life is touched by addiction...

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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

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Healthy Eating for Kids

Igloo Books Ltd, 2007. Hardcover. Book Condition: New. Shipped from the UK within 2 business days of order being placed.

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Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other...

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Why Is Mom So Mad?: A Book about Ptsd and Military Families

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The children s issues picture book Why Is Mom So Mad?...

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