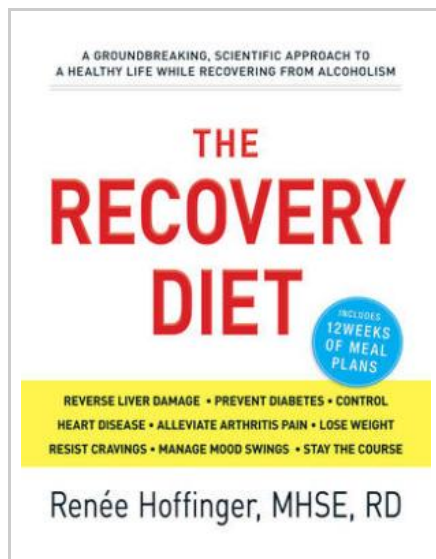




The Recovery Diet

By Renee Hoffinger

Paperback. Book Condition: New. Not Signed; A life after alcoholism doesn't need to be weighed down by the lingering consequences of addiction. The latest research indicates that with the right nutrition, you can reverse the physical toll alcoholism has taken on your body and manage your path out of addiction. Renee Hoffinger, MHSE, RD, has developed a landmark new plan that empowers you to undo the damage your addiction inflicted--through the natural power of food. Twelve weeks of meal plans will ease you into newfound empowerment as you shed your dependence for good; mend damage to your body; and maintain balance for a long, healthy life. You will learn: Which foods help repair liver and other organ damage What to eat to rid your body of toxins How to manage a diet and extend that control to your cravings When to turn to food--and when to seek outside help This book combines reassuring guidance with appetizing, nutritionally dense meals that put you on a clear path to a bright, addiction-free future. book.



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