



Addiction-Free Naturally: Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs

Brigitte A.H.G. Mars

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The first comprehensive guide to overcoming addictions by using natural remedies that rebuild health for both body and mind from the inside out.

- Covers a full range of natural remedies, including herbs, homeopathy, aromatherapy, flower essence remedies, color therapy, acupuncture, and more.
- Addresses many different substances, such as caffeine and chocolate, and discusses how the body deals with withdrawal, detoxification, and repatterning.
- The natural remedies included in this book can be used in conjunction with conventional therapies.
- By well-known author Brigitte Mars, who has 30 years of experience with natural therapies and is the formulator for UniTea Herbs.

Addiction is one of the most serious health issues facing our twenty-first century culture. Modern lifestyles encourage us to consume excessive amounts of caffeine and sugar and to unwind from our stressful lives with tobacco or alcohol. Left untreated, some addictions can cause metabolic damage, leading to heart disease, high blood pressure, and immune disorders--as well as causing nutritional deficiencies, fatigue, and depression.

Addiction-Free--Naturally offers gentle but effective ways to ease cravings and nourish the body, as well as information on cleansing the body of accumulated toxins and using natural remedies for stress relief. The remedies can be used in conjunction with conventional therapies, such as psychotherapy or Alcoholics Anonymous meetings. The author also offers advice on designing a personal program to break addiction and finding a health care professional or program to offer expert guidance as you walk the road to recovery.

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Douglas Barlow:

This Addiction-Free Naturally: Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this guide incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This specific Addiction-Free Naturally: Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs without we know teach the one who looking at it become critical in imagining and analyzing. Don't become worry Addiction-Free Naturally: Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs can bring whenever you are and not make your handbag space or bookshelves' grow to be full because you can have it in the lovely laptop even cell phone. This Addiction-Free Naturally: Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs having good arrangement in word and layout, so you will not really feel uninterested in reading.

Margaret Burman:

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Harry Baxter:

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Sylvia Medina:

Playing with family inside a park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, and then why you don't try matter that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Addiction-Free Naturally: Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs, you may enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its known as reading friends.

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