



The Addicted Brain: How to Break Free (Paperback)

By Hyla Cass M D

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 in 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....



READ ONLINE
[8.09 MB]

Reviews

The publication is easy to read, safer to comprehend. It is actually really intriguing through studying time. I am easily will get a delight of looking at a created publication.

-- **Claud Feest**

This is an amazing publication I actually have at any time go through. It is actually really interesting through reading through period. It's been developed in an exceptionally straightforward way which is merely following I finished reading through this publication where actually altered me, modify the way in my opinion.

-- **Noah Padberg**

You May Also Like



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 (Paperback)

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 and teachers with real solutions for a...



A Parent's Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Grand New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...



My Life as a Third Grade Zombie: Plus Free Online Access (Hardback)

Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Backpack (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Fizz-buzz (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It is based on Oxford Reading Tree which...