



The Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage of Alcoholism

Molly Siple

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You can reverse the physical damage of alcoholism with nature's best medicine: food.

Common side effects of excessive drinking include poor digestive and liver function; problems with managing blood sugar; weakened circulatory, immune, and nervous systems; and impaired thinking and changes in mood-regulating hormones. While the primary focus of anyone recovering from alcoholism is staying sober, a critical part of recovery involves halting or reversing the physical damage of excessive alcohol consumption. Registered Dietitian Molly Siple's innovative program helps you improve your health, detoxify, and reduce the risk of degenerative diseases linked to alcohol abuse. Siple's stress-free, uncomplicated program offers:

- Critical information on common physical ailments brought on by alcoholism
- Lists of "recovery foods" that help combat specific ills and improve health
- Manageable recovery goals and easy ways to implement them
- Easy-to-make recipes for every meal, including snacks and beverages
- 21 days worth of menus to jump-start nutritious eating
- Shopping lists, recommendations for eating out, and other resources

Eating for Recovery's guidelines, practical tips, recipes and varied meal plans make it the essential resource for anyone seeking to restore their health and vitality after alcohol abuse.

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The book The Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage of Alcoholism will bring that you the new experience of reading the book. The author style to explain the idea is very unique. If you try to find new book you just read, this book very suitable to you. The book The Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage of Alcoholism is much recommended to you to learn. You can also get the e-book from your official web site, so you can easier to read the book.

Jane Pelley:

Playing with family in a park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love The Eating for Recovery: The Essential Nutrition Plan to Reverse the Physical Damage of Alcoholism, you may enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

Theresa Collins:

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