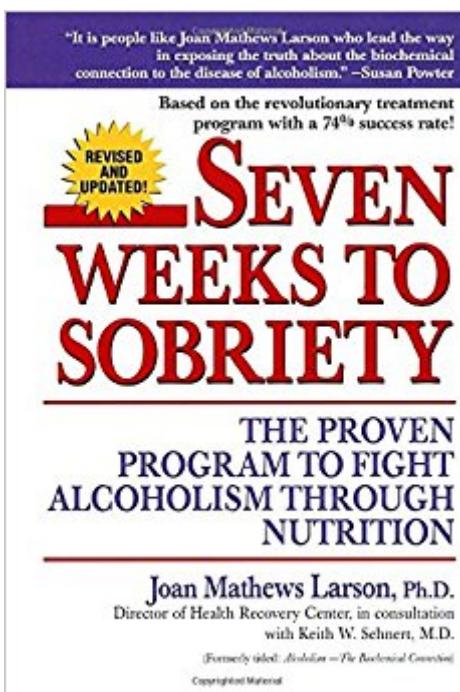


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# Seven Weeks To Sobriety: The Proven Program To Fight Alcoholism Through Nutrition



## **Synopsis**

"Comprehensive, rational and personal. It supplies much of what is missing in traditional approaches to alcoholic rehabilitation. I believe that this book can save lives." Leo Galland, M.D. Open this book and you will embark on a groundbreaking seven-week journey that will change your life. You will learn how to break your addiction to alcohol and end your cravings--and do it under your own power. Here, step-by-step, is a proven, seven-week program developed by Dr. Joan Mathews Larson at the innovative Health Recovery Center in Minneapolis, that subdues your body's addictive chemistry and puts you on the path to full recovery.

## **Book Information**

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## **Customer Reviews**

In recent decades, many of those studying alcoholism have come to see it as a disease, rather than as a character flaw or a failure of will. And yet, alcoholism is most often treated through counseling. Joan Mathews Larson and her colleagues at the Health Recovery Center in Minneapolis, Minnesota, discovered a series of nutritional deficiencies in alcoholics, and found that with proper dietary adjustments, they could help almost three-quarters of their patients kick the bottle for good. Seven Weeks to Sobriety is the updated version of the less interestingly titled Alcoholism--The Biochemical Connection, which was published in 1992.

"Comprehensive, rational and personal. It supplies much of what is missing in traditional approaches to alcoholic rehabilitation. I believe that this book can save lives." Leo Galland,

M.D. Open this book and you will embark on a groundbreaking seven-week journey that will change your life. You will learn how to break your addiction to alcohol and end your cravings--and do it under your own power. Here, step-by-step, is a proven, seven-week program developed by Dr. Joan Matthews Larson at the innovative Health Recovery Center in Minneapolis, that subdues your body's addictive chemistry and puts you on the path to full recovery.

This book is a really practical approach to quitting drinking. It is slightly dated at this point, and the vitamins the author recommends are fairly easy to find (I get mine from ). My husband and I did the vitamin regimen together, and it made us feel better immediately. I love how the amino acid supplements restore brain chemistry so quickly. After I read this, I read The Diet Cure, which used this book as its inspiration to use vitamins and aminos to quit eating junk. Both books are similar, although The Diet Cure is more up-to-date and covers a much broader base than abstaining from alcohol. If you struggle with alcohol cravings, this book gives some very practical steps to take to reduce and eliminate them. The road map is straight forward, and easy to follow with today's easy access to the resources.

Lots of detailed instructions, though the information is relevant. In theory, good methodology and knowledge, but very hard to put into practice. Virtually unrealistic regimen requirements in the real world.

works for me

Sober now for over a year but this book had very little to do with it.

I found this book very helpful ..... It explains everything in such great detail and it will make a non believer find hope!

The method for quitting alcohol in this book really works. It worked for me and I have recommended it to family and friends.

Haven't had a drink in 5 months.. AA and rehab didn't work.

This is a very powerful breakthrough book in the field of addictionology. First book to examine the

physical realities behind alcoholism and the first real effort to treat alcoholism through orthomolecular therapy - recognizing the reality that indeed alcoholism is a physically based disease with real science to back it up. Larson's book is not just theory, but practical and successful. Her success rates back up her insights. The entire field must read this book if there is going to be any advancement in the treatment of alcoholism.

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