



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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From reader reviews:

Edward Salls:

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Moses Bean:

The reason? Because this Addiction-Free Naturally: Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs is an unordinary book that the inside of the book waiting for you to snap it but latter it will zap you with the secret it inside. Reading this book next to it was fantastic author who write the book in such awesome way makes the content inside of easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your skill and your critical thinking way. So , still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

Laurie Cales:

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