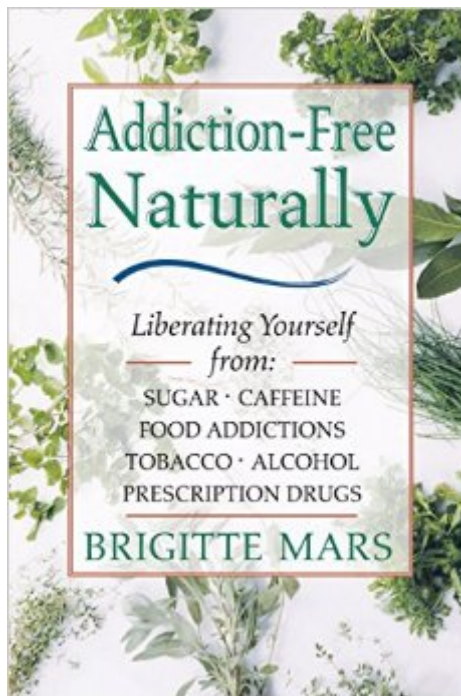


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# Addiction-Free--Naturally: Liberating Yourself From Tobacco, Caffeine, Sugar, Alcohol, Prescription Drugs



## Synopsis

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, acupressure, 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.

## Book Information

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Average Customer Review: 4.1 out of 5 stars • See all reviews • (12 customer reviews)

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## Customer Reviews

Addiction-Free Naturally has been an incredible resource. I have suffered from addiction for many years, and I find Mar's book an incredible resource. She encourages a program of recovery, including support networks, nutritional info, aromatherapy, acupuncture and pressure and herbal therapy as well. I had the delightful opportunity to meet Brigitte when I lived in Boulder. I see that she had continued her studies and practice of her healing arts. I look forward to more books by Mars.

The writer of this book is very informative, well researched and scientific in her view points. Not only does she provide natural remedies, she also includes biological and physiological reasons as to why they make great aids to treatment. Thorough and well written! A good read.

Addiction Free--Naturally: Liberating Yourself from Tobacco, Caffeine, Sugar, Alcohol, Prescription Drugs, Cocaine, and Narcotics By Brigitte Mars (ISBN 0-89281-892-1, Inner Tradition-Healing Arts Press, 2001) From my experience as a drug counselor I know addiction seldom limits itself to drugs or alcohol. Many addictions are never addressed because they lie quietly in the background of our lives, undermining the health of our minds, bodies, and souls. Addiction Free--Naturally shows you a supportive way to ease away from your addictions naturally while still working through whatever program you're on. By following simple instructions you can help nourish brain chemistry (which is responsible for many of our emotions), stabilize blood sugar, and correct long-neglected nutritional deficiencies, all of which are important predictors of sustaining recovery. Rahasya Poe, Lotus Guide Magazine and Author of "To Believe Or Not To Believe: The Social & Neurological Consequences of Belief Systems" Dhara's Active Meditation

This medical advice book has a number of good effective pieces of advice. While I quit smoking 25 years ago I continue to NEED my morning coffee to get my bodily functions started. For those attempting to break away from addictions of any kind this book may be a good choice for encouragement and useful ideas.

It was more a study of herbal remedies than a help to break the addiction. I would have liked to learn more about breaking the addiction emotionally.

I especially liked the chapters on food, chocolate and sugar additions! Very helpful suggestions

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Addiction-Free--Naturally: Liberating Yourself from Tobacco, Caffeine, Sugar, Alcohol, Prescription Drugs Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Complete Guide to Prescription & Nonprescription Drugs 2016-2017 (Complete Guide to Prescription & Non-Prescription Drugs) Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Caffeine Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The Body The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Teen Health, Course 2,

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