



Malibu Beach Recovery Diet Cookbook

Joan Borsten

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The groundbreaking "Malibu Beach Recovery Diet Cookbook" is specially designed to help those on the path to recovery get sober and stay sober. These recipes are also beneficial for those with anxiety, depression, diabetes and eating disorders. The renowned Malibu Beach Recovery Center is well known in the addiction industry for its team of executive chefs, many trained in Michelin-star restaurants, and the mouthwatering food served each day. The delicious, healthy recipes in this acclaimed cookbook are based on a French low-glycemic diet and incorporate several decades of neuroscience research about the relationship between healthy food and addiction recovery. Most alcoholics and addicts have low levels of dopamine, the brain's "feel good" chemical. The innovative, quick and tasty recipes featured here are crafted to provide a combination of foods and nutrients to help rejuvenate the body, rehabilitate our natural energy, and fuel well-being by restoring the production of dopamine. "Malibu Beach Recovery Diet Cookbook" includes four seven-day menu plans, each created by an executive chef, along with more than 150 recipes that are simple yet elegant, fresh and seasonal, and beautiful to behold. The recipes avoid refined (table) sugar, as sugar is the number one transfer addiction and complicates issues of brain healing, depression and mood. The result of addicts and alcoholics eating healthy food, says author Joan Borsten, co-founder of the Malibu Beach Recovery Center, is apparent mentally and physically within seven to eight days. Her firsthand observations are clinically supported by Mark Gold, MD, and Kenneth Blum, PhD, two of the leading U.S. scientists in the field of addiction.

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Ron Taylor:

In this time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The actual book that recommended for you is Malibu Beach Recovery Diet Cookbook this reserve consist a lot of the information of the condition of this world now. This book was represented how do the world has grown up. The terminology styles that writer value to explain it is easy to understand. Typically the writer made some research when he makes this book. Honestly, that is why this book ideal all of you.

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