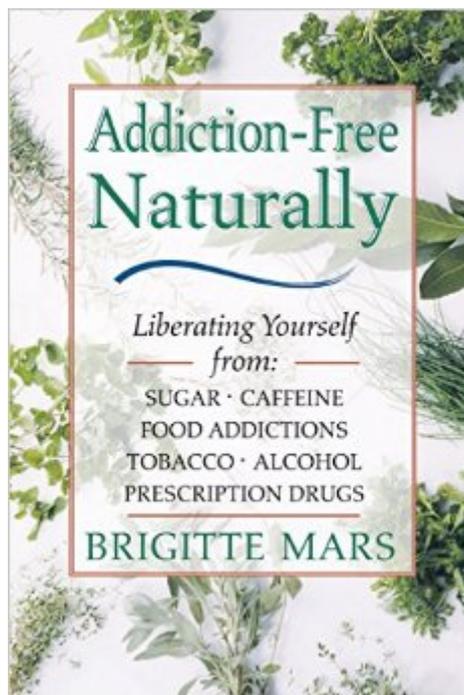


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# Addiction-Free--Naturally: Liberating Yourself From Tobacco, Caffeine, Sugar, Alcohol, Prescription Drugs



## 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, 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.

## Book Information

Paperback: 272 pages

Publisher: Healing Arts Press; Original ed. edition (February 15, 2001)

Language: English

ISBN-10: 0892818921

ISBN-13: 978-0892818921

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

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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