



# Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition

By Joan Mathews Larson

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"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.

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*By Joan Mathews Larson*

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## **Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition** By Joan Mathews Larson Bibliography

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### **Editorial Review**

#### Amazon.com Review

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.

#### From the Inside Flap

"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."

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### **Users Review**

#### **From reader reviews:**

##### **Harriet Blum:**

The book *Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition* make you feel enjoy for your spare time. You can use to make your capable far more increase. Book can to get your best friend when you getting stress or having big problem using your subject. If you can make reading a book *Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition* to become your habit, you can get more advantages, like add your capable, increase your knowledge about some or all subjects. It is possible to know everything if you like start and read a e-book *Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition*. Kinds of book are several. It means that, science publication or encyclopedia or others. So , how do you think about this publication?

##### **Tony You:**

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