

# Download The Hunger Fix The Threestage Detox And Recovery Plan For Overeating And Food Addiction

The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction | Pamela Peeke, Mariska van Aalst | ISBN: 9781623361587 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon. In The Hunger Fix, Dr. Pam Peeke uses the latest neuroscience to explain how unhealthy food and behavioral "fixes" have gotten us ensnared in a vicious cycle of overeating and addiction. She even shows that dopamine rushes in the body work exactly the same way with food as with cocaine. Luckily, we are all capable of rewiring, and the very same dopamine-driven system can be used to reward us for healthful, exciting, and fulfilling activities. The Hunger Fix book. Read 43 reviews from the world's largest community for readers. The author of New York Times bestseller Body-for-Life for Women pr... Read 43 reviews from the world's largest community for readers. Add tags for "The hunger fix : the three-stage detox and recovery plan for overeating and food addiction". Be the first., The Hunger Fix The Threestage Detox And Recovery Plan For Overeating And Food Addiction.

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