



A Safe, Effective, and Natural Way  
To Stop the Cravings and Kick the Habit

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# End Your Addiction Now

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The Proven Nutritional  
Supplement Program  
That Can Set You Free

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Charles Gant, MD  
Greg Lewis, PhD

# End Your Addiction Now The Proven Nutritional Supplement Program That Can Set You Free

**Pavel G. Somov, Ph.D.**



## **End Your Addiction Now The Proven Nutritional Supplement Program That Can Set You Free:**

**End Your Addiction Now** Charles Gant,Greg Lewis,2012-08-17 Whether it involves drugs alcohol smoking or food addiction is an overwhelming and destructive force While many rehabilitation programs are available the truth is that too many people return to their old habits Why **End Your Addiction Now** not only explores the biochemical factors that are the real cause of this problem but offers proven advice on how to break addictions once and for all Based upon the research and experience of Dr Charles Gantand other pioneers this practical handbook provides simple step by step directions for kicking the habit Perhaps most unique **End Your Addiction Now** is designed both to guide its readers to effective physicians and treatment facilities and to provide a path for those who wish to seek wellness on their own At the heart of Dr Gant s approach is a distinctive program of nutritional supplements designed to jump start recovery by reducing substance cravings Dr Gant then walks readers through a natural process of detoxification and biochemical testing that pinpoints the specific deficiencies that must be addressed to achieve complete recovery

**End Your Addiction Now** Charles Gant,Greg Lewis,2012-08-17 Whether it involves drugs alcohol smoking or food addiction is an overwhelming and destructive force While many rehabilitation programs are available the truth is that too many people return to their old habits Why **End Your Addiction Now** not only explores the biochemical factors that are the real cause of this problem but offers proven advice on how to break addictions once and for all Based upon the research and experience of Dr Charles Gantand other pioneers this practical handbook provides simple step by step directions for kicking the habit Perhaps most unique **End Your Addiction Now** is designed both to guide its readers to effective physicians and treatment facilities and to provide a path for those who wish to seek wellness on their own At the heart of Dr Gant s approach is a distinctive program of nutritional supplements designed to jump start recovery by reducing substance cravings Dr Gant then walks readers through a natural process of detoxification and biochemical testing that pinpoints the specific deficiencies that must be addressed to achieve complete recovery

Your Blood Never Lies James B. LaValle,2013-07-02 OVER 47 000 COPIES SOLD Ifyou re like most people you probably rely on your doctor to interpret theresults of your blood tests which contain a wealth of information on the stateof your health A blood test can tell you how well your kidneys and liver arefunctioning your potential for heart disease and diabetes the strength ofyour immune system the chemical profile of your blood and many otherimportant facts about the state of your health And yet most of cannotdecipher these results ourselves nor can we even formulate the right questionsto ask about them that is until now In Your BloodNever Lies best selling author Dr JamesLaValle clears the mystery surrounding blood test results In simple language he explains all the information found on a typical lab report the medicalterminology the numbers and percentages and the laboratory jargon and makesit accessible This means that you will be able to look at your own blood testresults and understand the significance of each biological marker beingmeasured To help you take charge of your health Dr LaValle also recommendsthe most effective standard and complementary treatments for dealing with

any problematic findings Rounding out the book are explanations of lab values that do not appear on the typical blood test but that should be requested for a more complete picture of your current physiological condition A blood test can reveal so much about your body but only if you can interpret the results Your Blood Never Lies provides the up to date information you need to take control of your health

*The Craving Cure* Julia Ross, 2017-12-12 Drop Addictive Sweets and Starches and Stop Weight Gain in 24 Hours Featuring a 5 part questionnaire to help you identify your personal craving profile Julia Ross best selling author and expert in nutrition and overeating exposes the real reason so many of us can't stick to a healthy diet our favorite foods are engineered to be addictive At her clinic in California Ross and her colleagues treat food addiction where it starts in the brain by triggering our natural appetite regulating neurotransmitters with nutrients called amino acids It turns out that these protein concentrates boost our neurotransmitters which broadcast sensations of satisfaction that no food including chocolate can override Thousands of Ross clients have abolished their cravings for high calorie confections using this simple nutritional strategy With *The Craving Cure* Ross grants all of us access to this revolutionary approach The process begins with a five part questionnaire that helps you identify your unique craving profile and specifies the amino acid supplements you need to curb your specific cravings Ross' clear explanations of why and how to use the amino acids empower you to reclaim your natural appetite control and her anti craving eating guidelines will permanently strengthen your dietary defenses A well researched and clinically tested rejection of low calorie low saturated fat and low protein diets *The Craving Cure* reveals how we can effortlessly and permanently eradicate our cravings to lose weight rediscover our nutritional heritage and regain optimal mood energy and health

*Slow Dancing with the Devil* Susan Bartz Herrick, 2024-02-08 Susan Herrick's memoir follows the story of her beloved son and only child Luke through his struggle with opioid addiction recovery and sobriety and untimely and heartbreaking death Luke suffered a near fatal car accident that left him partially paralyzed and addicted to Oxycontin the very drug that helped save his life Susan turned to the streets to obtain Suboxone a legal but medically restricted opioid blocker in an attempt to save her son's life Remembering this she writes The day I became my son's drug dealer we both died in a way This poignant and compelling memoir exposes the rampant prescribing of Oxycontin upwards of 600mg daily in cases like Luke's and the role overprescribing plays in the disease of Substance Use Disorder SUD Through Luke's story the author addresses failed public policies misguided medical practices societal stigmas and enabling tendencies of loved ones that hinder recovery for those afflicted with SUD

**Advancing Medicine with Food and Nutrients** Ingrid Kohlstadt, 2012-12-10 Food and nutrients are the original medicine and the shoulders on which modern medicine stands But in recent decades food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress With contributions from highly regarded experts who work on the frontlines of disease management the bestselling first edition of *Advancing Medicine with Food and Nutrients* Food and Nutrients in Disease Management effectively brought food back into the clinical arena helping physicians put food and

nutrients back on the prescription pad Board certified in General Preventive Medicine Ingrid Kohlstadt MD MPH has been elected a Fellow of the American College of Nutrition and a Fellow of the American College of Preventive Medicine Guided by Dr Kohlstadt this authoritative reference equips clinicians with the information they need to fully utilize nutritional medicine in their practice New in the Second Edition Toxic exposures such as molds microbial infections xenoestrogens heavy metals and inert nanoparticles Food safety issues precautions for patients with preexisting medical conditions adequate labeling of food allergens such as gluten potential adverse effects of artificial sweeteners consequences of applying ionizing radiation to food food borne mycotoxins critical food restrictions following bariatric surgery precautions for preparing food in the home Consumer advocacy issues on navigating claims of medical foods and dietary supplements Physical forces on nutritional needs such as ultraviolet light initiating vitamin D synthesis non ionizing radiation s effects on brain glucose metabolism and excess body fat s effects on inflammation and hydration Preventive medicine and how to preserve resiliency at the individual and public health levels Written by doctors for doctors Advancing Medicine with Food and Nutrients Second Edition reunites food and medicine Buttressed with new evidence leading physicians on the frontlines of disease management apply the latest scientific advances to the clinical practice of medicine Each chapter offers adjuncts to standard care fewer side effects improved risk reduction or added quality of life An article by Ingrid Kohlstadt on education and nutrition appeared in TIME Magazine online on November 12 2014

*Natural Highs* Hyla Cass, Patrick Holford, 2003-06-02 What does it take to make you feel high Do you routinely reach for caffeine alcohol cigarettes or sugary snacks to get you through the day Unfortunately the quick fixes we have become accustomed to don t work long term and often contribute further to the underlying problems of fatigue depression brain fog and anxiety In *Natural Highs* two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional supplements herbs and simple mind body therapies that will help to increase energy sharpen the mind elevate mood relax the body and beat stress Their remarkable research shows how to formulate the perfect brainfood to improve how we think and feel resulting in a greater sense of connection and joy in everyday life the natural high

**The Recovery Equation: Motivational Enhancement/Choice Awareness/Use Prevention - an Innovative Clinical Curriculum for Substance Use/Addictions Treatment** Pavel G. Somov, Ph.D., *The Publishers Weekly* ,2009 *American Book Publishing Record* ,2002 *Forthcoming Books* Rose Army,2001 *Subject Guide to Books in Print* ,1991 *The Advocate* ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

**Bulletin of the Atomic Scientists** ,1971-09 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world

**Ad Hoc** ,1971 **The Proven Program to Fight Alcoholism Through Nutrition** Richard Wade,2017-06-14 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 Richard Wade at the innovative Health Recovery Center in Minneapolis that subdues your body s addictive chemistry and puts you on the path to full recovery **The Advocate** ,2003-08-19 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine

Established in 1967 it is the oldest continuing LGBT publication in the United States **Addiction** Robert Morgan,2016-04-21 Put an end to your drinking smoking or drug addiction Learn the right steps to break free FREE BONUS INCLUDED Do you or a loved one want to break free from the addiction of alcohol tobacco or other drugs This book will be the beginning of the journey to freedom In **Addiction How to Stop Any Addiction and Completely Break Free** you ll learn powerful steps to confront and stop substance abuse addictions This book will be helpful if you re unsure you have an addiction or if you know you do and want to do something about it In this book you ll instantly get access to learn What addiction is and why it happens How to know if you have an alcohol tobacco or other drug addiction How to admit and confront it within yourself How to talk to others about it and start your path to recovery How to build self esteem and be confident without drugs How to protect yourself from going back to addiction And more Most other books don t go into the level of helpful detail like this book does so grab your copy today PLUS GET A FREE BONUS when you download today for a limited time Complete FREE access to join my publisher s book club Get FREE and 99c self help books sent to your inbox every week and join monthly Amazon gift card giveaways You ll have the chance to learn more inside How this book has helped others I think one of the main things I learned with this book is to be honest with yourself and your family This book is a great read I read it twice and I loved it It gives you coping skills that help you through stressful times John an Amazon reviewer What are you waiting for Take action today and put an end to addiction At this low price this is a GREAT opportunity to invest in yourself or loved ones We re so fortunate that technology nowadays allows us to learn anything we want with the simple click of a button All you have to do is click download start reading and then implement what you learn into your life NO RISK GUARANTEE I m very confident you ll like this book but if you read it and feel that it does not deliver the value promised you can simply email my publisher contact info inside this book and we ll issue a 100% refund to you Ready to get started DOWNLOAD now to get instant access and start the path to freedom This book can be read on a computer tablet e reader or smartphone **KINDLE UNLIMITED READERS** and read this book for FREE **Death to Addiction** Leanne Walters,2019-08-04 What is the scariest thing you can think of For me it was overdosing at 27 years old in my friend s basement Knocked out cold alone helpless and at death s door it was the culmination of a decade long battle against my desires and addictions In the time leading up to this I had been reckless towards not only the people around me but myself and my body The addictions that had me imprisoned stemmed from simple issues like overeating on a daily basis to more extreme problems like abusing drugs in the search for that next high By the time I left high school I was already addicted to

alcohol food and drugs sex completed the full cycle soon enough I was a hundred pounds overweight I underperformed at work and at home I spent my days on a high or planning the next one I had lost all hope in myself and my future I was a nobody living in an empty body I took down my mirror because I couldn't bear to look at the stranger that I saw within its depths I was killing myself yet I could not bring myself to stop the rut I made resolutions to quit on a daily basis I hated what was happening to me yet could not stop it Things came to a head when I came within a whisker of death a few weeks after my 27th birthday That near death experience saved my life and gave me a new chance to fight off my addictions I fought a winning battle and I stand here almost three decades later an expert in addiction recovery I was one of the lucky ones many people get killed or fail to live due to their addictions Addictions are something we all neglect till they become too powerful to ignore Many people wish away their addiction until it becomes too strong that it becomes their life and truth I combined my personal experience during my decade of hell and two decades of professional work helping addicts to produce Death to Addiction In this book you will learn All about your brain and why it yearns for that next hit How to spot a new and upcoming addiction from a mile away The one MAIN reason your addictions occur Why you might be addicted to alcohol without even knowing How drugs are a world of downward spirals How an eating addiction can sneak up out of nowhere Why sex addiction is more than what happens in bed How to turn into the master of yourself and perfect self discipline The amazing benefits of healthy relationships The two superpowers I used to end hundreds of people's addictions Why meditation and mindfulness are the secret weapons to success The 1 surefire way to putting death to your addiction And so much more Everyone has their fair share of addictions but nearly 90% of people with them have no idea what to do about them So they clear some space for the addictions to exist People simply choose to live with them and act like they are not there when in reality addictions are the biggest reason why they live their entire life asking themselves what if Take a moment and ask yourself this what would life have been like if I ended my addiction 30 years ago And then ask yourself What will my life look like in ten years if I don't end this addiction now Putting death to my addictions by applying the tips and strategies in this book flipped my world upside down for the better and I know it will do the same for you So do you want to make a change in your life for the better Do you want to regain control over the real you Do you want to learn how you can put an end to that addiction that's been eating away at you day in and day out Then scroll up and click the add to cart button I can't wait to see you on the other side

[Dismantle Your Addiction Apparatus with Ease: From Wired to Rewired - The Fun Way to Beat Addiction and Alcoholism](#) Martin Gouws, Stephen Steenkamp, Wendy Wilken, 2018-10-25 Quit addiction and alcoholism by going with human nature and not against it There should be NO FIGHTING your cravings and NO SELF CONTROL battles Overcoming addiction and alcohol abuse is actually simple relaxing and loads of FUN if you do it right If you are trying to beat addiction any other way then you are doing it wrong Stop fighting the symptoms treat the CAUSE This process is stress free and easy to implement Nature does all the work for you It only takes a few days No self discipline or battling against

your cravings is needed Features Of This Program Discover how to tap into nature s resources to halt addiction and alcoholism Learn the 4 elements of your addiction apparatus Change ONE and you will beat addiction Check out your unique addiction algorithm Learn how to flip the correct switches The fun easy laidback way to end addiction Learn how to implement Option 3 in your life Meet the Other You who is the addict Balance the 2 you s and addiction WILL be overcome Halt your binge cycles quickly with the Shoebox method Break out of the addiction mind trap How 3 minor lifestyle changes break down binge cycles and destroys your addiction circle Why the truth will set you free from addiction The 3 questions that always yield truth 21 killer tips to beat your addiction by changing odors and sound frequencies in your home BEST KEPT SECRET REVEALED A cheap drugstore gel that blocks your cravings INSTANTLY How to fast track your exit from addiction by applying emotional imprinting Why observation and measurement is a powerful weapon for recovery from addiction How to cure addiction and alcoholism with 2 powerful elements of The Law Of Attraction A dynamic way to overcome addiction with the Birds Of A Feather rule Benefits Of This Program A simple easy to apply relaxed approach to stop cravings quit addiction and halt drinking Written by former addicts and alcoholics who understand the TRUE DYNAMICS of addiction This process treats all forms of addiction and alcoholism AS AN APPARATUS not a disease Exit addiction the same way you entered it By having fun without intention harmoniously Beats all conventional addiction and alcohol abuse recovery methods Halt and recover from addiction alone No need for self help groups or other people The FUN way to get rid of addiction Enjoy dismantling your addiction apparatus Our approach is You are NOT AN ADDICT you are NOT BROKEN You are simply fixated Alter a few variables in your addiction algorithm to spring free from the mind trap Works QUICKLY and effectively once you apply these principles to overcome your addiction Not only recover from addiction or alcoholism All areas of your life will overflow with success This program gets to the point quickly without waffle or unnecessary page fillers NO self discipline no effort no work required to cure addiction and alcohol abuse NO need to tackle your addiction directly Simply make some small daily lifestyle adjustments NO need for constant affirmations that you are an addict or alcoholic to yourself or others NO uphill battle no fight no self control required against cravings Nature does it all for you NO religious leaning involved Inclusive of all beliefs and non beliefs NO groveling for forgiveness to those whom you have wronged Clean slate a fresh start NO force no fear no judgments to stop your addictive behavior

## Reviewing **End Your Addiction Now The Proven Nutritional Supplement Program That Can Set You Free**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**End Your Addiction Now The Proven Nutritional Supplement Program That Can Set You Free**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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