



End Your Addiction Now: A Proven Nutritional Supplement Program That Can Set You Free (Paperback)

By Charles Gant, Greg Lewis

Square One Publishers, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. 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 Gant and 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.



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