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The Hunger Fix: The Three-stage Detox and Recovery Plan for Overeating and Food Addiction

By Pamela Peeke, Mariska van Aalst

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, The Hunger Fix: The Three-stage Detox and Recovery Plan for Overeating and Food Addiction, Pamela Peeke, Mariska van Aalst, The body's built-in reward system, driven by the chemical dopamine, tells us to do more of the things that give us pleasure: Creative energy, falling in love, entrepreneurship, and even the continued propagation of the human race are driven by this system. Unfortunately, so is the urge to overeat. In The Hunger Fix, Dr. Pam Peeke uses the latest neuroscience to explain how unhealthy food and behavioural "fixes" have ensnared us 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 lays out a science-based, three-stage plan to break the addiction to false fixes and replace them with healthier actions. Fitness guides, meal plans, and recipes are constructed to bolster the growth of new neurons and stimulate the body's reward system. Gradually, healthy fixes like meditating, going...


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Reviews

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