



## Malibu Beach Diet Recovery Cookbook: Quick and Tasty Recipes to Help Break the Cycle of Alcoholism and Addiction

By Joan Borsten

Independent Publisher, United States, 2015. Paperback. Book Condition: New. 2nd. 279 x 229 mm. Language: English . Brand New Book. The groundbreaking Malibu Beach Recovery Diet Cookbook is specially designed to help alcoholics and addicts who are on the path to recovery. The healthy and delicious recipes are based on a French low-glycemic diet and incorporate several decades of neuroscience research about the relationship between healthy food and addiction. Malibu Beach Recovery Diet Cookbook includes four, seven day menu plans, each created by an executive chef and includes more than 150 recipes that are designed to be simple but elegant, fresh and seasonal, and beautiful to behold. The result of addicts and alcoholics eating healthy food, says Joan Borsten, co-founder of the renowned Malibu Beach Recovery Center, is visible mentally and physically within 7-8 days. Her firsthand observations are clinically supported by Dr. Mark Gold, MD and Dr. Kenneth Blum, PhD, two of the United States leading scientists in the field of addiction. The recipes are crafted to provide a combination of foods and nutrients to help cleanse the body, regenerate the organs, rehabilitate the body's natural energy and fuel well-being by restoring the production of dopamine. Most alcoholics...



**READ ONLINE**  
[ 3.46 MB ]

### Reviews

*This is actually the best book i actually have go through right up until now. It generally will not price an excessive amount of. I discovered this book from my dad and i suggested this book to understand.*

-- **Norma Carroll**

*The ebook is not difficult in read through easier to comprehend. Of course, it is perform, nonetheless an interesting and amazing literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Haylee Grimes PhD**

## Relevant Kindle Books



**Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



**Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



**Childrens Educational Book Junior Vincent van Gogh A Kids Introduction to the Artist and his Paintings. Age 7 8 9 10 year-olds SMART READS for . - Expand Inspire Young Minds Volume 1**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.8in. x 6.7in. x 0.2in.Van Gogh for Kids 9. 754. 99-PaperbackABOUT SMART READS for Kids. . . Love Art, Love LearningWelcome. Designed to expand...



**Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself**

Free Spirit Publishing Inc.,U.S. Paperback / softback. Book Condition: new. BRAND NEW, Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself, Scott Cooper, What if every kid...



**Young and Amazing: Teens at the Top High Beginning Book with Online Access (Mixed media product)**

CAMBRIDGE UNIVERSITY PRESS, United Kingdom, 2014. Mixed media product. Book Condition: New. 204 x 140 mm. Language: English . Brand New Book. Cambridge Discovery Education Interactive Readers are the next generation of graded readers - captivating topics, high-impact video, and interactive exercises...



**Edible Bible Crafts: 64 Delicious Story-Based Craft Ideas for Children**

BRF (The Bible Reading Fellowship). Paperback. Book Condition: new. BRAND NEW, Edible Bible Crafts: 64 Delicious Story-Based Craft Ideas for Children, Sally Welch, If you're looking for child-friendly Bible-themed cooking activities, this is the book for you! Sally Welch brings the Bible...