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**EATING FOR RECOVERY**  
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OF ALCOHOLISM



MOLLY SIPLE, MS, RD

The Perseus Books Group, United States, 2008. Paperback. Book Condition: New. 229 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You can reverse the physical damage of alcoholism with nature s best medicine: food. Common side effects of excessive drinking include poor digestive and liver function; problems with managing blood sugar; weakened circulatory, immune, and nervous systems; and impaired thinking and changes in mood-regulating hormones. While the primary focus of anyone recovering from alcoholism is...

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- Authored by Molly Siple
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