

The Hunger Fix: The Three-Stage Detox And Recovery Plan For Overeating And Food Addiction By Pamela Peeke;Mariska Van Aalst

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The tools in the Hunger Fix saved my life. Five years ago, Dr. Peeke was the first Dr. I ever met who acknowledged flat out that food can legitimately be addictive.

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if you allow it, declares Biggest Loser contestant Tara Costa in the foreword to The Hunger Fix: The Three-Stage Detox and Recovery In The Hunger Fix,

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The hunger fix - dr. pam peeke's three- stage

The Hunger Fix is a simple three-step plan to help you conquer your cravings and lose weight