Nutrition and Addiction a handbook

SUPPORTING RECOVERY FROM FOOD AND SUBSTANCE MISUSE WITH NUTRITIONAL AND LIFESTYLE INTERVENTIONS

Edited by Martina Watts

Addiction treatment centres in the UK combine medication, counselling and behaviour modification to tackle cravings and aid recovery, yet relapse rates remain alarmingly high. This practical, in-depth handbook examines newly emerging concepts in the management of addiction. Leading researchers and experienced nutrition practitioners explore the underlying nutritional and biochemical factors involved in addictive behaviour, and the importance of nutrition in the prevention and management of addiction and its role in sustainable recovery.

Nutrition and Addiction is an up-to-date, fully referenced resource with a glossary and guide to drug terms. It is a useful guide for those with a basic understanding of nutrition, as well as for more experienced practitioners and health care professionals.

Key themes

- Current developments in the treatment of drug and alcohol dependence in the UK.
- The influence of genetic and environmental factors on craving and reward systems in the brain.
- Why diet and eating patterns may encourage addictive behaviour.
- The role of food addictions, eating disorders and food intolerances.
- How to develop safe, cost-effective and evidence-based nutritional interventions alongside traditional care options.

Essential reading for: carers, clinicians, practitioners and therapists working in addiction and mental health within the public, private and voluntary sectors, nutritionists and dieticians, students on nutrition-related courses.

Format: handbook (approx. 200 pp)

This book shows how nutrition can be fundamental to health and well-being, as well as explaining the science behind nutrition and its impact on all aspects of addictions. This will be an extremely useful and important ‘tool’ for nutritional therapists to use in their clinic work.

Catherine Honeywell
Nutritional Therapist and Food Scientist Lecturer, Chair of BANT Council, Recognised PruHealth Provider
To order return this completed to

Fax: 0844 880 5062 +44 1273 625526 (non UK)
Tel: 0844 880 5061 +44 1273 623222 (non UK)
Web: www.pavpub.com

Post: Pavilion, FREEPOST RLUZ-ATEU-RYUZ, Richmond House, Richmond Road, Brighton, East Sussex BN2 3RL

<table>
<thead>
<tr>
<th>Title</th>
<th>Order code</th>
<th>Price</th>
<th>No. req’d</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition and Addiction</td>
<td>E060</td>
<td>£23</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Marketing code:

Postage & packing

UK Standard delivery £3.50 up to 5 items. £1 per item thereafter to a maximum of £10

Republic of Ireland/Europe/ROW Add 25% to order – minimum of £10

Sub total

Postage & packing

Total

Delivery details
Name
Position
Organisation
Telephone
Email
Address

Payment details

☐ Bankers transfer
   Acc.: Pavilion Publishing (Brighton) Ltd
   Acc. No: 41299964  Sort Code: 40-25-06
   Bank: HSBC Bank plc

☐ By debit/credit card
   Please debit my
   ☐ Visa ☐ Mastercard ☐ Maestro
   ☐ Solo ☐ American Express

Card number

Valid from

Expiry date

Issue no

Security no
(last 3 digits on signature strip)

Cardholder’s postcode:

Cardholder’s name:

Cardholder’s signature:

☐ Cheque
   I enclose payment of £       . Please make cheques payable to Pavilion Publishing (Brighton) Ltd

☐ By invoice
   Please send invoice to
   (purchase orders over £50 only)

Name

Position

Organisation

Address

Postcode

Purchase order number:

Signature:

Date

I do not give consent for my name and contact details to be held on a secure database. These details will only be used to send further marketing or information media about products or services similar to those detailed here. We always ask customers to opt in to email communications.

I do not give consent for my contact details (except email address) to be passed to other organisations in related fields for marketing purposes.

Standard terms and conditions apply. For further information visit the Pavilion website.