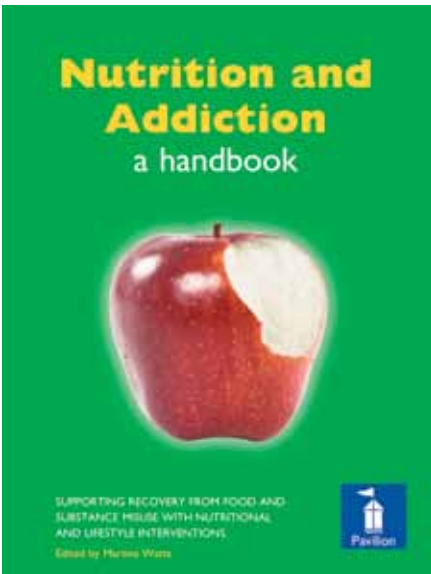


Nutrition and Addiction a handbook

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

Edited by Martina Watts



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

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.

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