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What the Food? Archives Available

While there are many approaches to address addiction and recovery, most do not address the direct correlation between food and recovery. People suffering from alcohol or drug addiction may not realize how important their diet can be, especially in the early stages of recovery. Most alcohol or drug addicts are used to very poor diets as a result of their addiction and many end up with serious nutritional deficiencies.

A healthy diet means feeling better, having more sustained energy and even thinking more clearly. Getting the right amount of nutrition can help stabilize a person's mood

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