

**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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In The Hunger Fix , Dr. Pam Peeke uses the latest neuroscience to explain how, with repeated exposure coupled with life stresses, any food can become a False Fix

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