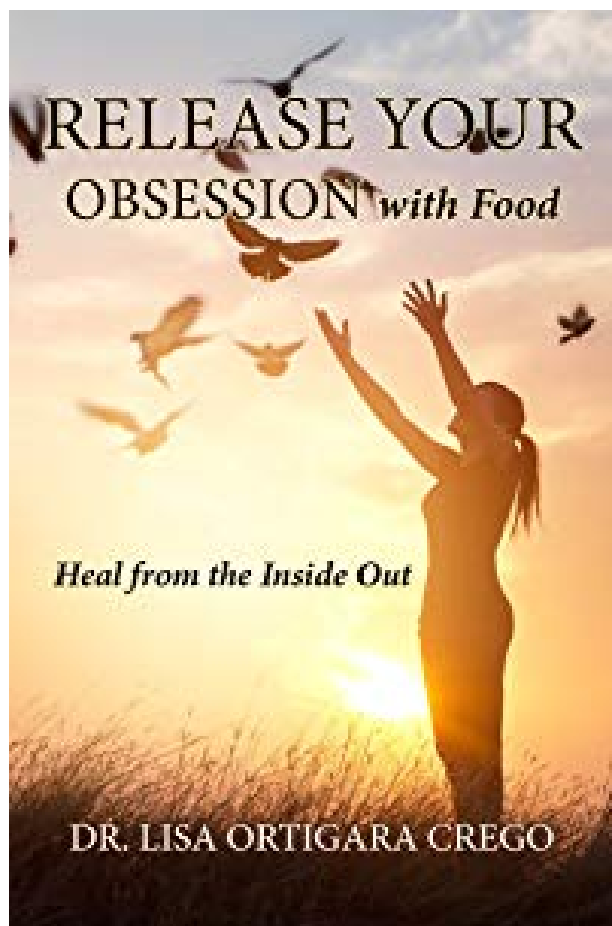


# Release Your Obsession with Food: Heal from the Inside Out



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Release Your Obsession with Food: Heal from the Inside Out is a book for anyone trying to end the vicious cycle of compulsive eating.

It is not about fad diets or quick weight loss but instead focuses on chemical imbalance, psychology, and spirituality. It helps readers meet this difficult challenge through practical, structured, step-by-step advice and reveals how others have found relief and resolution of never-ending issues with food. This book is the result of a lifelong journey of self-discovery and can help free you from an obsession with food. Dr. Lisa Ortigara Crego tells how she moved away from active food addiction to spiritual recovery and reveals how you can also escape from compulsive eating.