

[CLICK HERE TO REGISTER for July 9 & 10 Class](#)



THE HEALING POWER OF NUTRITION IN RECOVERY

Help you and your clients improve moods, reduce cravings (that trigger relapse) and get a good night's sleep.

Learn the critical role that nutrition – or lack of it – plays in Recovery. Receive practical info, coaching tools and 6 CEUs for 6 interactive classes.*

#1. Does Nutrition Really Make a Difference?

Discover how pioneers, like Bill W, who have effectively used nutrition to address mental health and SUD.

#2. Why Hypoglycemia Matters (Low Blood Sugar)

Learn what hypoglycemia is and how it sets the stage for cravings and relapse.

#3. The 5 Star Pro-Recovery Diet

Explore how this eating program provides critical nutrients for successful long term recovery.

#4 'When the Gut's not Happy, Nobody's Happy'

Learn the critical role the gut plays in recovery to stabilize moods and reduce cravings.

#5 Critical Amino Acids to Restore the Brain

Learn how GABA, Glutamine, Tryptophan, DPA, and Tyrosine balance moods.

#6 The Restorative Power of Sleep

Discover the role nutrition plays in getting a 'good night's sleep', so vital to recovery.

*"This curriculum should be offered in every recovery program in the US."
-Peer Recovery Coach*

SCAN THE QR CODE OR [CLICK HERE](#)
TO REGISTER FOR JULY 9 & 10, 2024 (10:30AM – 1:30PM CT)



CE's Pending