



The Vitamin Cure for Alcoholism: How to Protect Against and Fight Alcoholism Using Nutrition and Vitamin Supplementation

Abram Hoffer, Abram Hoffer, Andrew W. Saul

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In "The Vitamin Cure for Alcoholism" the authors' declare that alcoholism is primarily a metabolic disease. Behavioral and psychological treatment approaches often lack long-term success because they pay little attention to the nutritional needs of alcoholics. Indeed, addressing the physiological and nutritional needs of an individual will make the difference in successful treatment.

Regardless of how drinking started, regardless of whether a person is a heavy drinker or a confirmed alcoholic, high doses of nutrients can stop need and desire for excessive drinking. Furthermore, these recommended nutrients relieve the depression and anxiety that often accompany alcoholism. "The Vitamin Cure for Alcoholism" presents research and case studies illustrating the effect of megavitamin therapy. Recommendations for niacin and other vitamins are provided, along with details on dosages, how to take the nutrients, and potential side effects.

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