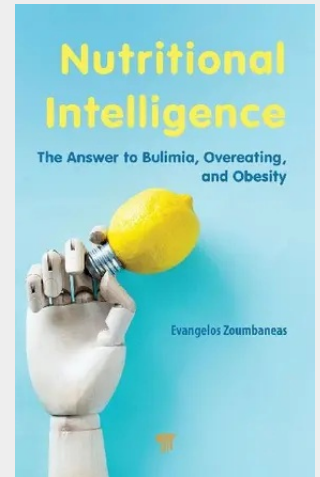


Nutritional Intelligence

The Answer to Bulimia, Overeating, and Obesity

This book explores the innovative concept of nutritional intelligence, providing a structured approach to overcoming bulimia, binge eating, and obesity. It integrates psychological insights with nutritional science to help individuals regain control over their eating habits and overall well-being. Through years of clinical experience and research, Evangelos Zoumbaneas offers a comprehensive guide to understanding eating disorders, their triggers, and effective strategies for treatment. The book introduces a novel approach to addressing eating disorders by combining nutrition science with behavioral psychology and presents evidence-based strategies for sustainable recovery, making it a valuable resource for both professionals and individuals struggling with disordered eating and also suitable for general readers who are aiming for good nutrition balance.



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