



# ¿PUEDEN LAS VITAMINAS CURAR EL ALCOHOLISMO? (Spanish Edition)

*ABRAM HOFFER, ANDREW W. SAUL*

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Este libro es un regalo del cielo para aquellos que sufren la adicción al alcohol, para sus amigos y seres queridos, y para los profesionales de la salud encargados de atenderles. Su mensaje principal es que el alcoholismo es, antes de nada, una enfermedad metabólica que debe ser tratada dedicando la debida atención a sus raíces fisiológicas. El antiguo enfoque moralista y los más recientes enfoques conductuales y psicológicos tienen un deprimente índice de fracasos, en gran medida porque dedican poca o ninguna atención a las cruciales necesidades fisiológicas y nutricionales de los alcohólicos. Las claves para hallar enfoques más apropiados y eficaces provienen de estudios y pruebas metabólicas que muestran que el alcoholismo es un complicado trastorno genético-bioquímico más relacionado con la diabetes o con el síndrome del metabolismo del azúcar que con cualquier trastorno conductual o psicológico. Escrito por un psiquiatra, el contenido de este libro será de un valor incalculable tanto para alcohólicos como para quienes sufren de cualquier adicción.

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