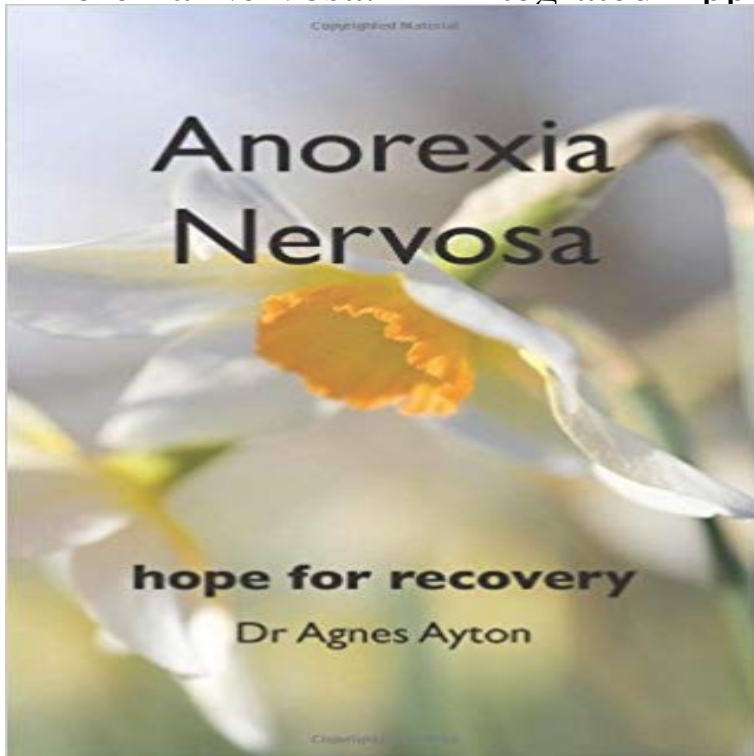


## Anorexia Nervosa: An Integrated Approach to Treatment



Anorexia nervosa is a potentially fatal disorder that is notoriously difficult to treat and provokes feelings of great frustration in carers, families and friends. Agnes Ayton offers a new perspective, bringing together what is currently known and scientifically verified with her own ground-breaking work combining psychotherapy with nutritional supplementation. Providing sufferers and carers with a knowledge of the full range of treatment options empowers them to make informed choices that can be tailored to the individuals needs. Uniquely the book:

- \* focuses on anorexia as opposed to eating disorders in general
- \* emphasises nutrition, including the effects of starvation, dietary prescriptions, menu plans, and particular deficiencies associated with particular diets
- \* explores the eicosapentaenoic acid (EPA) model as a basis for understanding cause and providing treatment
- \* integrates pharmacological, psychological and nutritional treatment options

Providing sufferers and carers with a knowledge of the full range of treatment options empowers them to make informed choices that can change lives for the better. Also available: Magic in Practice - Introducing Medical NLP: the Art and Science of Language in Healing and Health - ISBN 1905140193 Natural Health & Weight Loss - ISBN 1905140150 Smart Health Choices - ISBN 1905140177 Hammersmith Press is an independent publishing house producing books for the general public and health professionals that promote better health and well-being through a greater understanding of the human body and mind, with a particular emphasis on the importance of nutrition and diet. Some of the areas we publish in include: -Neuro-linguistic Programming (NLP)-Overcoming Chronic Fatigue Syndrome-Natural Health & Weight Loss-Holistic Medicine-Thyroid Health-Medical stories- Healthy

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