



# Diet Rehab: 28 Days To Finally Stop Craving the Foods That Make You Fat

*Mike Dow, Antonia Blyth*

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**Diet Rehab: 28 Days To Finally Stop Craving the Foods That Make You Fat** Mike Dow, Antonia Blyth  
**Junk food is as addictive as cocaine. Find out how to kick your bad food habit with in Dr. Mike Dow's diet book.**

Food is the most socially acceptable “drug” out there. When you eat fatty or sugary foods, your brain releases a surge of the feel-good chemical dopamine or serotonin (dopamine for fatty foods and serotonin for sugars and carbs). If you eat like that consistently, your brain eventually depends on you to provide them instead of regulating its own supply. And as with addictive substances, it starts taking more and more serotonin and dopamine to just feel normal.

In *Diet Rehab*, renowned addictive-behavior expert Dr. Mike Dow explains how to stop this dependence on “bad” food and start eating healthy without quitting cold turkey. The *Diet Rehab* philosophy is simple: use gradual detox to harness the power of your brain chemistry so that you’ll no longer feel like a victim to your fluctuating moods and cravings. After twenty-eight days, you’ll find that your brain is getting natural and healthy boosts of the feel-good chemicals you crave, instead of relying on the foods you’ve become addicted to. *Diet Rehab* is more than just a book—it’s an easy-to-follow lifestyle overhaul that will help you lose weight and feel better overall.

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