

## 4<sup>th</sup> International Conference and Exhibition on **Addiction Research & Therapy**

August 03-05, 2015 Florida, USA

### **Nutrition strategies in recovery**

**Christina Santini**

Kildehoej Private Hospital, Denmark

Addictions and eating disorders often overlap and based on the latest neuroscientific findings, this presentation will focus on nutrition therapy as it relates to addiction and recovery from a practicing nutritionist's perspective. No size fits all and no one diet fits all. We are all wired biochemically unique and require a customized approach to feel great in the skin we are in. Addiction is an expression of a severe disconnection from body mind-soul that leads to a lack of nourishment which further makes the individual biochemical vulnerable for chronic addiction, depression, mental illness and general relapse. The presenting author works specifically with nutrition as it relates to the imbalances associated with certain eating disorders and addictions in order to rebuild biochemical balance in recovery and prevent relapse and cross-addiction. This presentation help in understanding the link between addiction and certain eating disorders, addictive substances in foods that activate same reward circuit as drugs, an Ayurvedic perspective on addiction and food energetic and nutrition strategies to rebuild biochemical balance in addiction.

### **Biography**

Christina Santini is a certified Nutritionist from Copenhagen Metropol University in addition to a certified Yoga Therapist from Naam Yoga Healing & Research Center, Los Angeles. She integrates Eastern Medicine with Western nutrition science to balance body, mind+soul, bite by bite. She has over 10 years experience working with neuroscience, anti-aging, cancer, eating disorders and addictions in private hospitals and anti-aging clinics in Europe and for one of the pioneers in brain health. She is passionate about translating time-tested Eastern holistic health strategies with Western nutrition science into treatment tools that work to balance each individual's biochemical blueprint. She is Co-founder of TANT®-Target Aimed Nutrition Therapy. She is currently developing health apps for target nutrition intervention in addition to private practice in Los Angeles centered on biochemical testing.

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