

Rehabilitate Rewire Recover Anorexia Recovery For The Determined Adult

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Rehabilitate, Rewire, Recover! focuses on: - Nutritional rehabilitation to heal the body and "turn off" the anorexia response. - Neural rewiring to shift neural pathways of restriction, exercise compulsions, and anorexia-generated thoughts and behaviours in the brain.

Rehabilitate, Rewire, Recover!: Anorexia recovery for the ...

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My book: Rehabilitate, Rewire, Recover! - Eating Disorder ...

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Triple R Recovery Center is based on Rehabilitate, Rewire, Recover!, a book written by Tabitha Farrar. We believe that full recovery is possible for any person with an eating disorder, and our recovery center is an environment where people can focus on nutritional rehabilitation and neural rewiring. Unrestricted eating is at the core of what we do here, but we want to make it fun and enjoyable too.

Triple R Recovery

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