



Chris Hill is award winning, best-selling author of *Get Your Life Back: The Road to Freedom from Addiction*

Chris is an addiction expert who helps people overcome all types of addiction such as addiction to nicotine, alcohol, drugs etc as well as addictive activities such as gambling and over-eating. His programme is also being used for mental health and wellbeing i.e. to manage or eradicate compulsive behaviours, phobias, anxiety, stress and other fear-based conditions.

Chris also campaigns for better understanding of the truth about added/refined/free sugars and teaches overcoming sugar addiction. He works in a holistic way with people who have eating disorders such as bulimia, anorexia nervosa and over-eating; and has had success with managing these conditions.

Recognition & Success for Sugar Addiction Campaigning & Recovery Training

The very last addiction Chris beat was 'sugar addiction' and since then he has incorporated this into his teaching also.

- 6th September '17 – Introducing the concept of sugar addiction before the European Parliament, Brussels at the Sugar Summit with Rend Platings of Sugarwise.
- 13th September '17 – Presenting on sugar addiction at the House of Commons in front of a panel led by Rt Hon Keith Vaz MP, again supported by Sugarwise.
- Nominated for the Sugar Reduction Awards (to be held 9th November 2017) under two categories: **Best Sugar Reduction Campaign** and **Sugar Hero**.
- Incredibly successful Sugar Addiction Seminar, London 17 Sept '17
- Invited to present to a government panel on sugar addiction and Diabetes by the Rt Hon Keith Vaz MP.
- Chris is collaborating with Rend Platings, Neuroscientist and CEO of the food labeling organization 'Sugarwise' to launch a national debate on sugar addiction in the UK; with plans to research the theory of complete addiction reversal.

Background

Chris had his own battles with addiction spanning 20 years of his life. He first became addicted to nicotine at the age of seven, progressing to alcohol and drugs later in life. He attended dozens of recovery programmes and used dozens of systems to no avail. He then set off on a mission to educate himself about how addictive substances affect the subconscious mind and the body and developed a method to reverse addiction and return the individual to their pre-addicted mind. Chris has been free of all addictions for over ten years.

Following the loss of his twin brother to alcohol and drugs in 2014, Chris has made it his life mission to share the knowledge that helped him permanently escape from addiction; with a wide an audience as possible.

He was awarded the BVSC (Bexley Volunteer Service Council) Award for Services to Health & Wellbeing 2017. He works alongside addiction service Nexus, and has just been certified to work with the NHS (National Health Service in the UK) to support patients suffering from addiction as well as mental health issues.

On 1st August 2017, Chris was invited to present his 7-Day Beat Addiction Plan to the research team of Dr Nora Volkow, The Director of NIDA (National Institute of Drug Abuse) at the World Health Institute, Washington DC and is in talks with Dr Ethan Kross from Michigan University to look at the effectiveness of 'Self-talk' when applied to addiction.

Chris is working with author and Clinical Psychologist, Dr James Manning on a publication that aligns his teaching with a CBT model for addiction recovery.



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