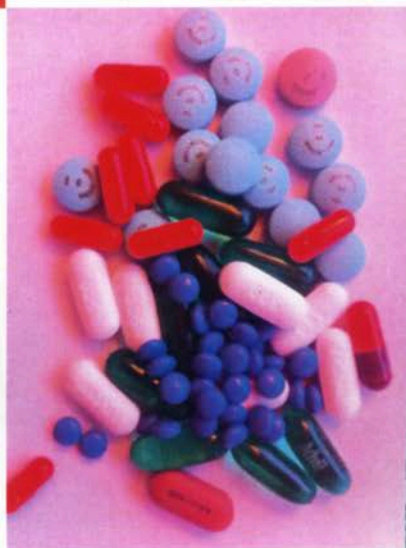


# THE MADNESS DIET BOOK:

*Simple Recipes for a  
Sane Mind*

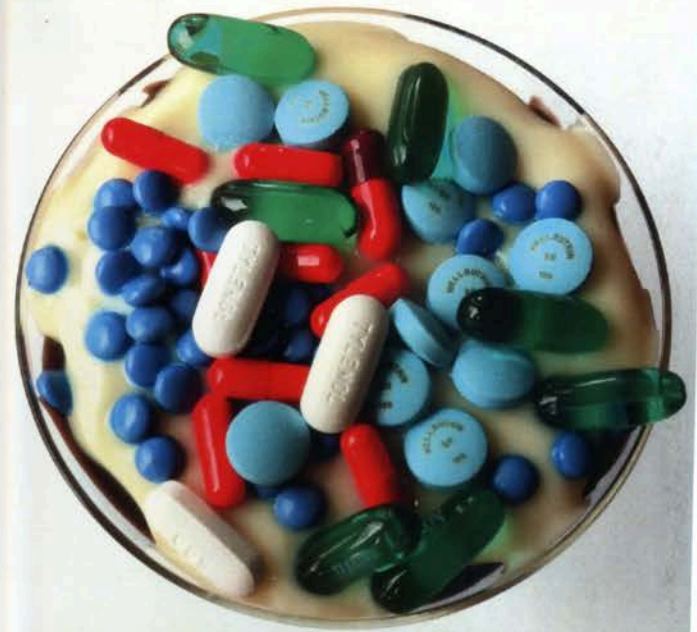
LOSE UP TO 80% OF  
YOUR MADNESS IN  
AS LITTLE AS 2  
WEEKS

*By:*  
*Lisa Snider-Nevin*





# The Madness Diet



**By: Lisa Snider-Nevin**



# Trepanning Tapenade

The strong flavours of this tapenade will help to chase demons from the skull.

## Ingredients:

Black olives (pitted)

Garlic

Lemon zest

## Directions:

1. Puncture skull to release demons
2. Place all ingredients in a blender
3. Process until combined
4. Enjoy the release from madness



# Wandering Womb Pudding

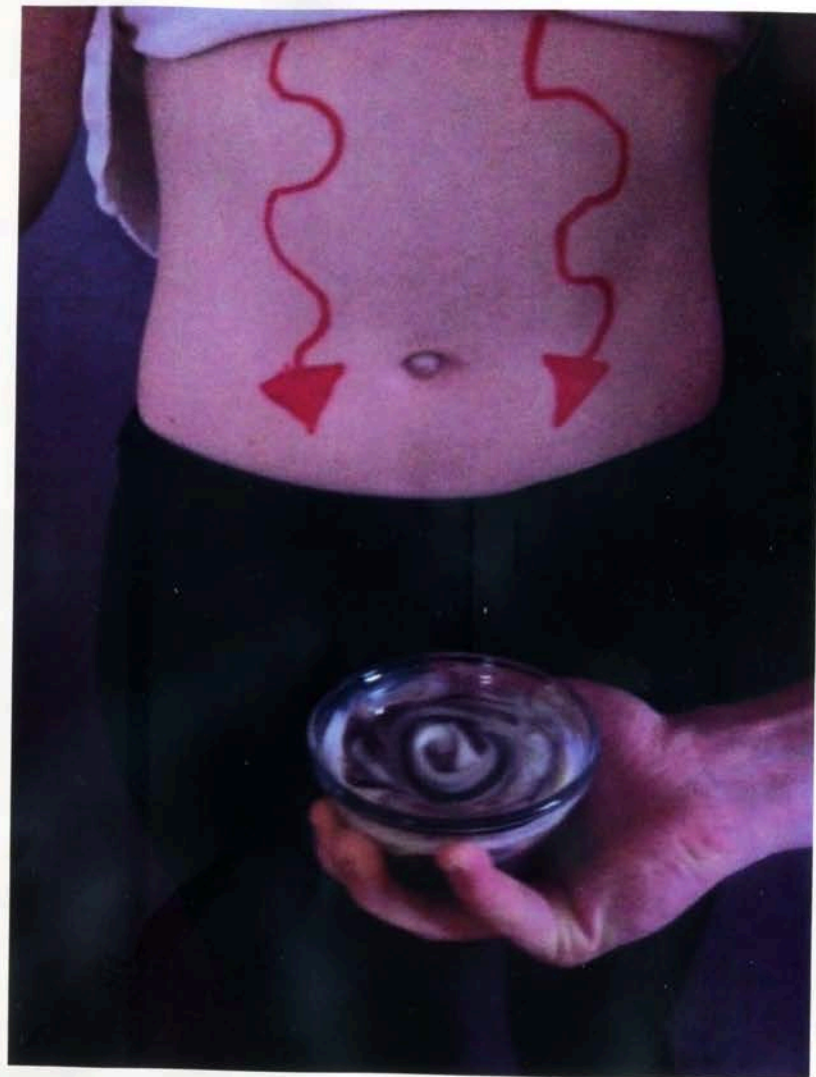
This pudding must be served by a man.  
The sweet pudding will lure your womb  
from resting on the brain back down to  
where it belongs.

## Ingredients:

Milk  
Sugar  
Vanilla  
Corn starch

## Directions:

1. Combine all ingredients in a small pot
2. Heat gently over the stove
3. Stir until thick
4. Enjoy freedom from hysteria





# Marriage Cupcakes

Let a man control your sexuality.  
Marriage is the most effective way to  
stave off madness.

## Ingredients:

Cupcakes

Frosting

Candy gems

## Directions:

1. Find a man
2. Swirl frosting onto cupcakes
3. Top them off with a candy gem
4. Serve at your wedding
5. Live madness free ever after



# Blood Let Loaf

For the mad person whose humors are out of balance and Sanguine levels are high. This meatloaf is high in iron to help elevate your energy levels after a good bloodletting.

## Ingredients:

Ground beef

Egg

Spices

## Directions:

1. Combine all ingredients
2. Press into a loaf pan
3. Bake at 375 F for 1 hour
4. Enjoy the balance of bloodletting





# ECT Grilled Cheese

After a session of electroshock therapy, short-term memory loss may lead to cravings for food from your childhood. Here is a classic.

## Ingredients:

White bread

Processed cheese slices

Butter

## Directions:

1. Place cheese between slices of bread
2. Butter both sides of sandwich
3. Fry at low heat until cheese melts
4. Rest up, you've had quite the shock



# Paxil Parfait

A chemical imbalance in the brain  
can cause serious madness.  
Optimize your serotonin levels with  
a little help from Glaxton Smith Kline.

Ingredients:  
Pudding  
Pills

Directions:

1. Layer pudding in a parfait glass
2. Sprinkle with SSRI's
3. Let the serotonin alter your mind





# #1 New York Times Bestseller

These recipes are guaranteed to alleviate:

- Hysteria
- Demons
- Chemical Imbalance
- Nymphomania
- Humor Imbalance
- Generalized Madness

“Drawing on classic treatments for madness through the ages, Snider-Nevin brings us simple solutions to a complex problem.”

-Globe and Mail

