



Joan Marie Mathews-Larson

August 20, 1929 - November 19, 2019

Age 90 of Arden Hills, passed away peacefully on November 19, 2019.

Joan Mathews-Larson began her work over forty years ago. The loss of her son, shortly after he completed a top-rated, 12-step treatment program, fueled a passionate search for more effective solutions to treat addictions. Convinced that alcoholism is not the result of emotional triggers or willpower weaknesses, Joan delved into the scientific research. She holds a doctorate in human nutrition and is the author of the national bestseller *Seven Weeks to Sobriety and Depression Free, Naturally*. Her books have led the field into new ways of understanding chemical addictions and mental health problems. They have both been translated into several languages.

Her breakthrough, bestseller on alcoholism, *Seven Weeks to Sobriety*, has served as a textbook in upper-level nursing classes and continues as a manual for other treatment centers wishing to incorporate cause-based healing strategies into more progressive programs. Dr. Joan Mathews-Larson founded the Health Recovery Center (HRC), her unique psychobiological model for treating addictions and emotional disorders in 1981.

After more than 40 years, the success rates of HRC is unparalleled by conventional approaches. Not only do clients no longer drink, they no longer crave alcohol, nor do they suffer from depression, anxiety, or the myriad of symptoms that drive most alcoholics back to drink. (www.joanmathewslarson.com).

Preceded in death by her husband, Roy; and son, Robby. Survived by her

children, Mark (Cynthia) and Molly (Mike Redden) Mathews; grandchildren, Chrissy and Sammy; sister, Donna Wallander.

Memorial service 2PM Saturday, November 23 (visitation begins at 1PM) at HOLCOMB-HENRY-BOOM-PURCELL, 515 Hwy 96 W., Shoreview (651.482.7606).

Memorials preferred to Rob Mathews Memorial Foundation.

Tribute Wall

MG

“ *Your Mother is a saint in my book. She wore the Blessed Mother's medal the day I first met her. I was sitting across from her, listening to her talk to my very addicted son, back in 2013. I will never, ever, forget her kindness. You all were so blessed to have a Mother who gave so much.*

*Sincerely,
Marguerite Guerriero*

Marguerite Guerriero - March 25, 2021 at 12:00 AM

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“ *In the Jewish religion when someone passes away we say, "May her memory be for a blessing" and I can attest that Joan's memory is a blessing to the entire world. Her insights, dedication to bringing into addiction treatment the truth of what truly works, resilience in the face of challenges, and basic decent kindness is an inspiration and a gift to us all. Thank you, Joan, and thank you, Mark and Molly, for continuing her work. I pledge that the Alliance for Addiction Solutions, which she helped found, will continue her work too.*

Carolyn Reuben - November 21, 2019 at 12:00 AM

MG

“ *I will always honor Dr. Joan for her clinic that helped me get off hard drugs with her unorthodox approach to healing on a bio molecular level thru diet, awareness, vitamins and supplements, and exercise...Blessed Be for Joan Mattews-Larson for her trailblazing , yet simple , organic, and sensible approach to recovery...she has helped so many more than just me . Rest In Peace. Condolences to her family and friends ...*

Mickey Garza - November 21, 2019 at 12:00 AM