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The Diet Cure

The 8-step program to rebalance your body chemistry and end food cravings, weight gain, and mood swings—naturally

INCLUDES AN INDIVIDUALIZED QUICK-SYMPTOM QUESTIONNAIRE

BASED ON OVER 20 YEARS OF PROVEN CLINICAL RESULTS

JULIA ROSS, M.A.

AUTHOR OF THE MOOD CURE



The Diet Cure Julia Ross

Julia Ross



The Diet Cure Julia Ross:

The Diet Cure Julia Ross, 2012-05-02 More than 100 000 copies later this breakthrough program is more effective than ever substantially revised and updated to include the author's latest clinical research For the more than 160 million overweight Americans dieting is a failure Based on more than twenty years of proven clinical results *The Diet Cure*'s revolutionary approach curbs food cravings and restores the brain's mood and appetite chemistry in twenty four hours Beginning with her 8 Step Quick Symptom Questionnaire celebrated nutritional psychotherapist Julia Ross helps readers identify their unique underlying biochemical imbalances and provides targeted strategies to correct those imbalances using nutritional supplements to jump start the dietary overhaul Readers then create their own safe easy to follow plan to end low calorie dieting and food obsessions for good

Summary of Julia Ross's *The Diet Cure* Everest

Media, 2022-05-28T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The first step in your Mood Cure is to figure out the difference between false emotions and true ones True emotions are difficult to take but they're vitally important They typically pass or diminish naturally and even when they get repressed or misdirected they can be relieved through counseling 2 When your brain's emotional equipment needs a tune up you get clues you don't sleep well you worry too much you start feeling overwhelmed you lose your enthusiasm or your ability to concentrate You may start depending on chocolate wine or marijuana to get some relief 3 Your brain is responsible for most of your feelings both true and false It transmits these feelings through four specialized and potent kinds of mood molecules If your brain runs low on these mood transmitters it stops producing normal emotions on a consistent basis 4 I have been a professional dealing with emotional disorders and mood problems since 1975 In 1980 I began to suspect that poor nutrition was playing a role in the cases that did not respond to our intensive programs of psychotherapy and spiritual support

[The Diet Cure](#) Julia

Ross, 1999-09 [The Diet Cure](#) Julia Ross, 2000 First published in the US in 1999 this guide to coping with eating disorders provides advice and information about topics such as hormone irregularities blood sugar swings food allergies unrecognised thyroid dysfunction and a deficiency of good fats Discusses biochemical imbalances and how they can be treated with supplements of various amino acids minerals and vitamins Includes references case studies and an index

[The Craving](#)

Cure Julia Ross, 2017-12-12 Drop Addictive Sweets and Starches and Stop Weight Gain in 24 Hours Featuring a 5 part questionnaire to help you identify your personal craving profile Julia Ross best selling author and expert in nutrition and overeating exposes the real reason so many of us can't stick to a healthy diet our favorite foods are engineered to be addictive At her clinic in California Ross and her colleagues treat food addiction where it starts in the brain by triggering our natural appetite regulating neurotransmitters with nutrients called amino acids It turns out that these protein concentrates boost our neurotransmitters which broadcast sensations of satisfaction that no food including chocolate can override Thousands of Ross clients have abolished their cravings for high calorie confections using this simple nutritional strategy

With *The Craving Cure* Ross grants all of us access to this revolutionary approach. The process begins with a five part questionnaire that helps you identify your unique craving profile and specifies the amino acid supplements you need to curb your specific cravings. Ross' clear explanations of why and how to use the amino acids empower you to reclaim your natural appetite control and her anti-craving eating guidelines will permanently strengthen your dietary defenses. A well researched and clinically tested rejection of low-calorie, low-saturated fat and low-protein diets. *The Craving Cure* reveals how we can effortlessly and permanently eradicate our cravings to lose weight, rediscover our nutritional heritage and regain optimal mood, energy and health.

The Mood Cure Julia Ross, 2001-01-01. In *The Diet Cure* Ross helped thousands halt food cravings by rebalancing their body chemistry. Now she draws on her experience as a pioneer in the field of nutritional psychology to present breakthrough solutions for people looking for help with depression, anxiety, mood swings, irritability and sleep problems.

The Natural Medicine Guide to Addiction Stephanie Marohn, 2004-05-01. Medical journalist Stephanie Marohn eases the pain and trauma of addiction recovery in this guide, one in a series dealing with ailments such as anxiety and depression. In layman's terms she discusses how chemical imbalances in the brain create addiction and withdrawal symptoms and how they can be restored. Suggestions include amino acid supplements to regulate sugar levels, herbs such as chamomile, valerian root to relax the nervous system, acupuncture, aromatherapy, candle therapy and so on. Marohn's view of addiction is clear enough to see the big picture which encompasses everything from crippling drug addiction to minor, apparently harmless habits such as compulsive shopping. According to Marohn, addiction is a problem that affects over 100 million people every year and needn't be seen as either freakish or a sign of weakness. Furthermore, there is a way to recover that does not compromise a holistic lifestyle through pharmaceutical medicines. Should one choose this path?

The Diet Cure Julia Ross (M.A.), 2012. [Natural Treatments for Tics and Tourette's](#) Sheila Rogers DeMare, 2011-07-26. The practical guide to treating tics and Tourette syndrome using natural and alternative therapies with a focus on environmental medicine and nutritional and dietary therapy. Author Sheila Rogers DeMare discusses a range of categories of tics including spasmodic facial movements, eye blinking, mild sounds and vocalizations. She persuasively counters the medical establishment's standard claim that such disorders are mysterious and based only in genetics. The dramatic spike in cases she argues belies this explanation. *Natural Treatments for Tics and Tourette's* takes a closer look at the environmental factors and underlying physical imbalances that trigger these conditions, symptoms, exploring the status of behavioral and counseling therapies, EEG, biofeedback, homeopathy, bodywork, energy medicine and Chinese medicine as approaches. In this second edition to *Tics and Tourette's Breakthrough Discoveries in Natural Treatments* DeMare offers a detailed natural treatment plan. No more will patients have to rely on traditional drug-based treatments that often carry multiple side effects. In eight sections, the book offers advice from medical experts, the latest reports in medical research, a checklist of common tic triggers, inspirational stories from families who have successfully conquered tics and Tourette's and practical worksheets for readers to use in their

treatment and research Each of the 23 chapters includes a place for notes and Takeaway Tips summarizing key points

The Diet Cure Julia Ross,1999-09-30 No more craving bingeing starving or obsessing Find out the 8 real causes of overeating weight gain malnutrition due to low calorie dieting unstable blood sugar unrecognized low thyroid function food addictions hormonal havoc yeast overgrowth fatty acid deficiency Tells you how to correct your imbalances offers a master plan for the diet cure from day one to week 12 *Surviving the Teenage Hormone Takeover* Nisha Jackson, The Diet Advisor Time-Life Books,2000 Covers more than twenty popular weight loss plans including Weight Watchers Dr Atkins diet the Scarsdale diet and Sugar Busters *Insomniac* Gayle Greene,2008-03-10 Describes the causes effects treatment options and research in the field of insomnia *Signs and Symptoms Analysis from a Functional Perspective* Dicken Weatherby,2004 This book presents a diagnostic system of signs and symptoms analysis that focuses on the most important questions you should be asking your patients The questions are organized by body systems and will help you gather more information on the functional state of your patients Whether you are a well seasoned doctor fresh from medical school or a patient looking for answers to your questions you will refer to this book again and again You will discover how easy it is to identify where the symptom burden is located in the body increase your efficiency of history taking in the office implement new tools and techniques to dramatically improve your clinical outcomes cut the amount of time you spend taking a patient history and make your initial history an indispensable screening tool Your signs and symptoms analysis will finally mean something to you and your patients *21 Days to a Healthy Heart* Alan L. Watson,2002 *The Natural Fat Loss Pharmacy* Harry G. Preuss,Bill Gottlieb,2007 A reliable guide to the nutritional supplements and herbs that can safely and effectively help you lose weight and keep it off Rosemary Conley's Low Fat Cookbook Rosemary Conley,1999 Now in paperback Rosemary Conley stresses the need for a healthy lifestyle to be combined with healthy nutritious meals and regular exercise This book provides all you need to know to produce low fat food from the start of the day to last thing at night The recipes include nutritional background plus techniques and hints **The Mood Cure** Julia Ross,2003-12-30 Are you a part of the bad mood epidemic Here are the answers you ve been looking for Julia Ross s plan provides a natural cure for your mood Drawing on thirty years of experience she presents breakthrough solutions to overcoming depression anxiety irritability stress and other negative emotional states that are diminishing the quality of our lives Her comprehensive program is based on the use of four mood building amino acids and other surprisingly potent nutrient supplements plus a diet rich in good mood foods such as protein healthy fat and certain key vegetables Including an individualized mood type questionnaire The Mood Cure has all the tools to help you get started today and feel better tomorrow *Depression-Free, Naturally* Joan Mathews Larson, PhD,2001-01-02 In this groundbreaking book nutritionist Joan Mathews Larson Ph D founder of Minnesota s esteemed Health Recovery Center offers her revolutionary formulas for healing your emotions biochemically Through proven all natural formulas *Seven Weeks to Emotional Healing* will help you find the emotional well being you ve been

missing your entire life Inside you ll discover how to Screen yourself for emotional and behavioral symptoms Recognize the mental and physical clues that indicate biochemical imbalances Heal your depression and anxiety with the right vitamins and minerals Stabilize your mood swings and protect your well being with essential fatty acids Choose the right foods for optimal mental fitness Rejuvenate your body with key natural hormones Safe fast more long lasting and cheaper than prescription drugs or psychotherapy Seven Weeks to Emotional Healing will help you find balance and well being *A Woman's Guide to a Healthy Heart* Carol Simontacchi, Frances Fitzgerald, 2004 Often thought of as a men s disease heart disease is the leading cause of death among women and one of the most often misdiagnosed This important book provides women with much needed advice on reducing treating and preventing heart ailments naturally In detail the authors explore the causes and effects of cardiovascular disease as well as the latest heart medication and surgeries They also offer specific food and exercise recommendations designed to promote heart health

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