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BASED ON OVER 20 YEARS OF PROVEN CLINICAL RESULTS

JULIA ROSS, M.A.

AUTHOR OF THE MOOD CURE



Diet Cure

Siddappa N.Byrareddy



Diet Cure:

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

The Diet Cure Julia Ross (M.A.),2012 **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 *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 disfunction 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

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Diet Cure Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Diet Cure**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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