



## The Diet Cure: The 8-Step Program to Rebalance Your Body Chemistry and End Food Cravings, Weight Problems, and Mood-Swings--Now

By Ross, Julia

Viking Adult, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: More than eighty million Americans are regular dieters and eight million of them suffer from some sort of eating disorder. Just as many eat normally but still gain weight. Finally, there is a plan to end yo-yo dieting and binge eating. Based on ten years of proven clinical results, The Diet Cure shatters the myths to reveal the real causes of overeating and weight gain. In this individualized program that begins with an 8-Step Quick Symptom Questionnaire, you'll discover your unique underlying biochemical imbalances--hormonal irregularities, blood sugar swings, food allergy/addictions, unrecognized thyroid dysfunction, and a deficiency of "good" fats. And you will learn how to eliminate them with your own targeted nutrition strategies. A pioneer in the field of nutritional psychology, Julia Ross has developed a breakthrough method using amino acids to jump-start the program. You will feel your mood improve and your food cravings disappear within 24 hours. Charts, worksheets, and inspiring case histories from Ross's own clinic offer readers of Sugarbusters and Eat Right 4 Your Type a safe, easy-to-follow, customized program to rebalance their body chemistry and attain their ideal health...



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