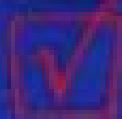


*Feel Better in  
24 Hours—  
Naturally*

# **THE DIET CURE**

**The 8-Step Program to Rebalance  
Your Body Chemistry and End Food Cravings,  
Weight Problems, and Mood Swings—Now**

**JULIA ROSS, M.A.**



**Includes an Individualized Quick-Symptom Questionnaire**

**BASED ON TEN YEARS OF PROVEN CLINICAL RESULTS**

Julia Ross

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



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A myth-destroying study of the actual causes of overeating and pounds gain offers an eight-step intend to individualize specific problems and needs, assisting to address biochemical imbalances, meals allergies, and much more. Tour. 50,000 1st printing.



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Ex Bread Addict I'm per month into this diet plan. I found this book while searching for something to repair my hypoglycemia and loaf of bread addiction. I was taking in almost constantly rather than feeling full. In this book, Julia helps you identify your imbalances and recommends particular supplements to overcome your imbalances. My friends all knew this, made plans have loaf of bread or pizza around, and called me the Queen of Carbohydrates. I'm about 35 lbs overweight, but that was not my concern, getting control of my life back was. I cannot say I've lost a lot of weight, but that may be due to an adrenal condition..I quit eating loaf of bread in a couple times. She wrote about this illness as though she had noticed it a million situations. Highly recommend this book. Finally! (That's a good deal of supplements, btw. It has been completely worth not merely the trouble in money, but in time spent piecing together little pill bags. The reduction in sweets, and final elimination of sugars decreases cravings, leading to a healthier lifestyle. She described people like me as "dough junkies" which unfortunately seemed fairly accurate, and organized an idea of treatment. . Hard to get, difficult program, NOT on the subject of dieting, but on the subject of every facet of your wellbeing, great book when you can obtain one and also have the discipline to check out through . The publication provides chapters on how to help issues with mood, energy, sugar/starch cravings, recurrent yeast-based infections, food allergy symptoms, and disgestion. My children and my boyfriend didn't even trust me when I told them I hadn't had any bread for weeks. Even though it's on the table, it's not that hard to avoid. I by no means would have thought it had been possible. In fact, I have to be sure you eat them now because I obtain so full on eggs or meats and veggies. I have corn tortillas or some potatoes. We looked up loaf of bread addiction and finished up finding this reserve.. But I'm completely amazed by the modify in my diet. I should emphasize that Diet Cure doesn't trim out carbs entirely. I am so grateful in order to eat meals several hours apart without turning into a raging low blood sugar monster. In case you are a sugar or dough junkie, give this a try. I also feel a lot better (less depressed, more energy) which doesn't shock me since I've resided almost exclusively on white flour and tomato sauce going back two and a half decades. Garbage in, garbage out, as they say. My life isn't lived around consuming every few hours. This book gives sane, sensible and SAFE advice (I checked on this! Three Stars As they say you are what you eat. Helped my diet blues This is a good resource! This reserve helped me to understand my cravings and put an end to my calorie-counting ways, forever! THE DIETARY PLAN Cure requires adjustments in your day to day routine and a dedication to change. I could stuff myself with various other food, but easily didn't eat loaf of bread or pizza, and every hour or two, I would feel hungry and would be a full jerk to anyone around me in my blood sugar madness. That is probably probably the most informative diet books I've read, because she offers a lot of specific info and practical information on how to dietary supplement yourself- including specific dosages. So many other books focus on low-calorie dieting; this one does not! Once you're eating the proper foods and acquiring your targeted vitamin supplements, nutrients and aminos, you will: feel revived, no more feel deprived and still lose weight!! give the book 4-celebrities because while I came across it beneficial to in picking vitamin supplements, the book that helped me personally and my family the most was "A FANTASTIC Capacity to Heal" by Dr. Semon. This book isn't an instant fix, but if adhered to, over time I found I could abide by change, picked what worked for me personally.) Since I had no various other option, I went and bought the Glucobalance and various other supplements she recommended. Sane, practical and SAFE assistance that works! After years of yo-yo dieting, I've finally found something that makes sense. not easy but worthwhile (gets the doctors out you will ever have and most rx drugs too) The Diet Cure Great

book for the individual looking to help to make a serious change in their overall health and diet plan. Don't waste your cash. don't waste your money The only thing this book cured was my interest in diet plan books. Really! Plenty of great information, I wish I had bought this years ago! If it does not work in the 1st week, it may not really be for you personally.) on using natural supplements to help re-stability the body's chemistry so that it can function better. It also recommends seeing a physician to have certain checks run, to see if prescription medication is needed. It has been weeks. A whole different concept to healthy eating. great book if you can get your hands on one . I didn't believe the author when she said I could eat such as a regular person in a few days, but this reserve was the only place that seemed to address my specific problem. I'm still waiting for my results to come back on my adrenal testing. I slipped a couple times after I started a higher stress job and forgot to take my supplements and my coworkers purchased pizza, but I cannot remember the last time I had breads or pizza now. I simply didn't need it. . Do your research online. I've suspected for a long time I acquired low thyroid function, but the blood check my doctor ran demonstrated me in the "normal" range. I would recommend this book in the event that you: struggle to sustain your ideal weight, continuously fight food cravings or frequently feel fatigued by past due afternoon. Exercise, products, and eating differently. Yes, \*that\* many products. This publication enabled me to access the main of our problems- yeast overgrowth. Close friends also tried and worked well for every and all of us. I can let you know that it's certainly working for me. I began taking three basic amino acid products, and I felt better within 48 hours! I'm now eating to support my wellness and to help keep my endocrine system in homeostasis--or what passes for homeostasis post-menopause. This publication explains how that test (the TSH) could be misleading and what other tests can be used to PROPERLY diagnose thyroid and additional hormonal imbalances. . Perform your own N=1 experiments. Research the role of digestive hormones in consuming issues. A Must have reserve. My energy is way better, my sugars cravings are virtually eliminated, and I don't possess all the muscle tension and aches that I used to have each day! giving this reserve a 4 because there is a up to date version of the book and I mistakenly purchased the older version. Five Stars excellent introduction in using food to improve emotions and illness Highly recommend this book This book is indeed on target it's scary. It also reaffirms in a positive, supportive way that fat problems aren't due to insufficient willpower, but can be caused by our body's chemical substance imbalances. I've tried the products on myself and my hubby and they perform as mentioned. I purchased them at GNC so it's not where you have them but what you should take. Not really finished reading yet, but I've lost 7 pounds without cravings and my husband had an extremely calm plane ride with noticeably less anxiety than ever before (he hates takeoffs, landings, and turbulence). You obtain the picture. (Works out, she has. Five Stars As expected Five Stars Excellent book!



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