

## **The Diet Cure Julia Ross**

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**The Diet Cure by Julia Ross: 9780143120858 ...**

**The Craving Cure 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, Julia and her colleagues treat food addiction where it starts—in the brain—by triggering our natural appetite-regulating neurotransmitters with nutrients called amino acids.**

**The Diet Cure by Julia Ross | Julia Ross' Cures**

**JULIA ROSS, best-selling author, is a pioneer in the use of nutrient therapies to target food cravings and problems related to mood, sleep, and addiction. The director of several integrative clinics in the San Francisco Bay Area since 1980, she now directs a worldwide virtual clinic and training programs for health professionals ...read more >**

**The Diet Cure: The 8-Step Program to Rebalance Your Body ...**

**The Diet Cure: The 8-Step Program to Rebalance Your Body Chemistry and End Food Cravings, Weight Gain, and Mood Swings--Naturally by Julia Ross. 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.**

**The Craving Cure: Identify Your Craving Type to Activate ...**

**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 ...**

**The Mood Cure by Julia Ross | Julia Ross' Cures**

**"Julia Ross's work on mood is right on target. The Mood Cure is a remarkably comprehensive guide to improving and maintaining a more positive and joyous frame of mind." —Christiane Northrup, M.D., author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause "At last - a nutritional approach to depression and anxiety that is both fast and effective.**

**Julia Ross' Cures and Clinic - Home | Facebook**

**We're in a bad mood epidemic. Depression and anxiety have tripled in the last ten years. Beginning with the 4-part questionnaire to identify your mood type, it is a comprehensive natural approach that jump-starts your recovery with brain-fueling amino acids, plus a diet rich in good-mood foods such as protein, healthy fat, and certain key vegetables.**

**The NeuroNutrient Therapy Institute | Julia Ross' Cures**

**Best-selling author Julia Ross is a pioneer in the use of nutrient therapies to target food cravings and problems related to mood, sleep, and addiction. With The Craving Cure , The Diet Cure , The Mood Cure and the Virtual Clinic for Food Cravers , Julia offers freedom from the diet-related plagues of the 21st century.**

**The Diet Cure: The 8-Step Program to Rebalance Your Body ...**

**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.**

**About Julia Ross | Julia Ross' Cures**

**Julia Ross MA, NNTS, Author, Director of NNTI and The Craving Cure Virtual Clinic Kelly Nelson CNC, NNTS, NNTI Trainee Liason, Lead Nutritionist at Craving Cure Virtual Clinic Guest Instructors: Mary Sue Aber nethy MFT, RD, NNTS (eating disorder expert), Christina Veselak MFT, CNC (addiction expert) and others.**

**Julia Ross' Cures Official Store**

**Red Meat Exonerated! | | Julia Ross' Cures Red Meat Exonerated! by juliarosscuresadmin | Posts, The Craving Cure, The Diet Cure, The Mood Cure RED MEAT EXONERATED! Red meat has been a staple of the human diet worldwide for at least 2 million years; long before cancer or any other degenerative diseases became**

**common place.**

**The Diet Cure Julia Ross**

**A national bestseller, the revised and updated The Diet Cure gives you clinically-proven answers to your diet dilemmas, including How dieting actually causes unneeded weight gain and eating disorders The real reason you can't stay away from cookies, ice cream, pasta, soda, and candy.**

**The Mood Cure: The 4-Step Program to Take Charge of Your ...**

**For those primarily interested in Amino Acids and the role of aminos in depression, anxiety, ocd, etc the Mood Cure is much better. The Mood Cure is written better, has much of the same information and diet suggestions and seems to be a rewrite of the Diet Cure, which could explain why the writing is better.**

**The Craving Cure by Julia Ross | Julia Ross' Cures**

**Nutrient Therapy Pioneer. Julia Ross is a world leader in the use of Nutritional Therapy for the treatment of mood problems, eating disorders, and addictions. After 10 years as a psychotherapist working with individual adults and adolescents, families and groups in a variety of in psychiatric and outpatient settings, Ross began to direct programs.**

**Amazon.com: Customer reviews: The Diet Cure**

**Best-selling author Julia Ross is a pioneer in the use of nutrient therapies to target food cravings and problems related to mood, sleep, and addiction. Learn more about Julia Ross' books, virtual clinics, and training at [www.juliarossures.com](http://www.juliarossures.com)**

**The Diet Cure: The 8-Step Program to Rebalance Your Body ...**

**The Diet Cure: The 8-Step Program to Rebalance Your Body Chemistry and End Food Cravings, Weight... by Julia Ross Paperback \$13.48 FREE Shipping on orders over \$25. Customers who viewed this item also viewed Page 1 of 1 Start over Page 1 of 1**

**Amino Acids - Julia Ross' Cures**

**For most health books, the word cure in the title is a definite sign to steer clear. The Diet Cure is a refreshing exception. Author Julia Ross has the unusual job description of "nutritional psychologist," which means that she works with people to eradicate food cravings, addictions, and eating disorders (including overeating).**

**Julia Ross' Cures: Stop Your Food Cravings Now**

**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.**

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