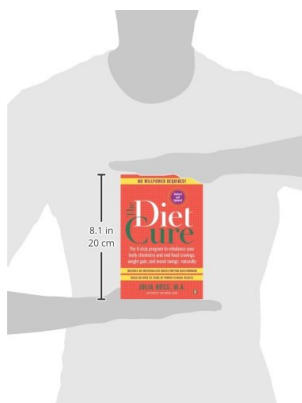


# [PDF] The Diet Cure: The 8-Step Program To Rebalance Your Body Chemistry And End Food Cravings, Weight Gain, And Mood Swings--Naturally

Julia Ross - pdf download free book



**Books Details:**

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## **Description:**

**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.

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