



The Diet Cure

Julia Ross

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The Diet Cure

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For the more than eighty million Americans who diet regularly--and without success--this amazing new program, based on ten years of proven clinical results, offers a revolutionary approach to nutrition that can safely curb your cravings and make you feel better in less than twenty-four hours. **The Diet Cure** begins with an 8-Step Quick Symptom Questionnaire that helps readers identify their unique underlying biochemical imbalances, such as depleted brain chemistry caused by too much dieting, hormonal irregularities, blood-sugar swings, food allergies, thyroid dysfunction, and a deficiency of "good" fats. Then it provides targeted strategies and nutritional guidelines to correct those imbalances, along with meal plans, tasty recipes, and inspiring case histories. Using amino acids to jump-start the program, readers create a safe, customized, easy-to-follow plan to end their food obsessions and attain their ideal healthy weight for good.

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Douglas Moskowitz:

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