



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

*Julia Ross*

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## **Diet Cure: The 8-step Program to Rebalance Your Body Chemistry And End Food Cravings, Weight Problems, And Mood Swings -- Now Julia Ross**

No more craving, binging, starving, or obsessing. Find out the 8 real causes of overeating, weight gain, & mood swings. Many people are trapped inside a body that is malfunctioning. Your body needs help. Years of dieting, psychotherapy, & pep talks about accepting your body as is can't help much when what you really need is a biochemical overhaul. Identifies the 8 imbalances: depleted brain chemistry; malnutrition due to low-calorie dieting; unstable blood sugar; unrecognized low thyroid function; food addictions & allergic reactions; hormonal havoc; yeast overgrowth; & fatty acid deficiency. Tells you how to correct your imbalances, & offers a master plan for the diet cure, from day one to week 12.

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