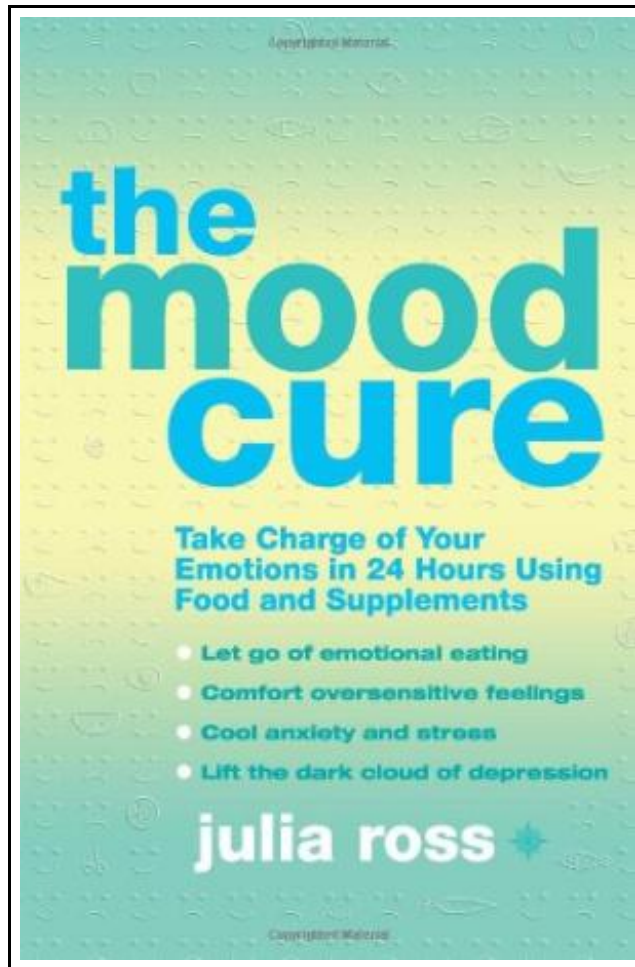


The Mood Cure: Take Charge of Your Emotions in 24 Hours Using Food and Supplements



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THE MOOD CURE: TAKE CHARGE OF YOUR EMOTIONS IN 24 HOURS USING FOOD AND SUPPLEMENTS

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HarperCollins Publishers, United Kingdom, 2009. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. This is the food and nutritional answer to mood disorders - Patrick Holford, the founder of the Institute of Optimum Nutrition, praised it as working better than any anti-depressant . Written by one of the most successful names in nutrient therapy, The Mood Cure shows you how you can permanently lift dark moods and emotions in less than 24 hours. Most mood problems are caused by biochemical imbalances, many of which don t need Prozac or other drugs to cure them. Such drugs are often liberally prescribed despite the risk of side effects. Julia Ross has been working with natural nutritional solutions at her clinic in California for over 15 years - and with dramatic results. She has developed an extremely successful nutritional plan using specific foods and supplements that can lift dark moods and emotions in less than 24 hours. It works by restoring the body s natural chemical balance, thereby relieving mood-related symptoms, such as depression, PMS, stress, low self-esteem, irritability or SAD. Assess your mood profile with a four-part questionnaire * Identify and understand your underlying chemical imbalance * Devise a targeted plan of supplements, good mood foods and menus according to what your body needs * Address hormone imbalances, food intolerances, allergies, insomnia and addiction * Lift the dark clouds of depression and anxiety in as little as 24 hours Now, with The Mood Cure, you can blast the blues forever.



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