

BSJ33 [Download] The Craving Cure: Identify Your Craving Type to Activate Your Natural Appetite Control

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Drop Addictive Sweets and Starches--and Stop Weight Gain--in 24 HoursFeaturing a 5-part questionnaire to help you identify your personal craving profileJulia Ross, best-selling author and expert in nutrition and overeating, exposes the real reason so many of us cant 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 neurotransmitters with nutrients called amino acids. It turns out that these protein concentrates boost our neurotransmitters, which broadcast sensations of satisfaction that no food, including chocolate, can override. Thousands of Ross clients have abolished their cravings for high-calorie confections using this simple nutritional strategy. With The Craving Cure, Ross grants all of us access to this revolutionary approach. The process begins with a five-part questionnaire that helps you identify your unique craving profile and specifies the amino acid supplements you need to curb your specific cravings. Ross clear explanations of why and how to use the aminos empower you to reclaim your natural appetite control, and her anti-craving eating guidelines will permanently strengthen your dietary defenses. A well-researched and clinically-tested rejection of low-calorie, low-saturated fat, and low-protein diets, The Craving Cure reveals how we can effortlessly and permanently eradicate our cravings to lose weight, rediscover our nutritional heritage, and regain optimal mood, energy, and health.

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