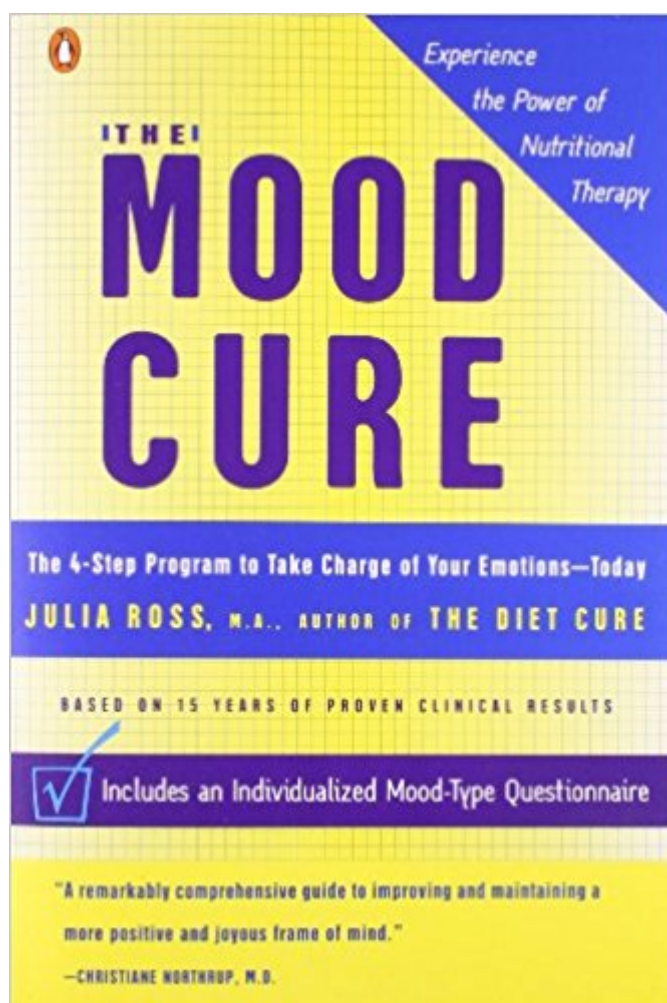


The book was found

The Mood Cure: The 4-Step Program To Take Charge Of Your Emotions--Today



Synopsis

Are you a part of the bad mood epidemic? Here are the answers you've been looking for! Julia Ross's plan provides a natural cure for your mood. Drawing on thirty years of experience, she presents breakthrough solutions to overcoming depression, anxiety, irritability, stress, and other negative emotional states that are diminishing the quality of our lives. Her comprehensive program is based on the use of four mood-building amino acids and other surprisingly potent nutrient supplements, plus a diet rich in good-mood foods such as protein, healthy fat, and certain key vegetables. Including an individualized mood-type questionnaire, *The Mood Cure* has all the tools to help you get started today and feel better tomorrow.

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Customer Reviews

Ross, author of *The Diet Cure*, here offers a prescriptive plan designed to relieve a variety of ailments from seasonal disorders, stress, irritability and depression. Ross believes that many of these annoying and, in some cases, severely disabling disorders can be relieved through a change in diet and nutritional supplements. Readers are asked to first determine which of four "false moods" they suffer from: a dark cloud, blahs, stress or too much sensitivity. The survey is simple and the questions will immediately resonate with readers: for example, someone who is suffering from the blahs is likely to have difficulty focusing or require a great deal of sleep. Armed with their survey scores, readers can then turn to the appropriate chapter to learn which diets and supplements will be most helpful. Particularly reassuring are the author's detailed explanations of why she advises a particular strategy. While Ross is an advocate for nutritional supplements, she provides a sound

overview for all her recommendations. Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

“Julia Ross’s work on mood is right on target. The Mood Cure is a remarkably comprehensive guide to improving and maintaining a more positive and joyous frame of mind.” •Christiane Northrup, M.D., author of *Women’s Bodies, Women’s Wisdom* and *The Wisdom of Menopause* “At last - a nutritional approach to depression and anxiety that is both fast and effective. The best book on the subject in years!” •Richard Shames, M.D., and Karilee H. Shames, Ph.D., R.N., authors of *Thyroid Power: 10 Steps to Total Health* “Julia Ross has written an innovative and wonderfully practical book to help people who suffer from mood disorders. I highly recommend it.” •Daniel G. Amen, M.D., author of *Change Your Brain, Change Your Life* “As a psychotherapist for the past twenty-eight years, I am all too aware that there are limits to what we can do. Most people don’t even think of nutrition when they are feeling emotionally upset, but Julia Ross shows how simple changes in nutrition can have profound effects on mood and mental outlook. This book can empower you to take control of your own emotional life.” •Bill O’Hanlon, author of *Do One Thing Different*

19 years ago I found myself in dire straights. I was clinically depressed. I was promptly prescribed a popular anti-depressant and I managed to climb out. But I didn’t stay out. Subsequently I’ve had years of going on and off meds, side effects, trying all kinds of alternative therapies, etc. Frankly, I had lost all hope until I learned what’s in this book. Here in a nutshell is the supplemental strategy: There are four major neurotransmitters: Serotonin, Catecholamines (norepinephrine), GABA, and Endorphin. When we have deficiencies in any of these neurotransmitters, we start having emotional and mental problems. Serotonin is the number one neurotransmitter deficiency. (That’s why it’s listed first.) It’s the feel-good chemical that makes us happy, hopeful, self-confident, and outgoing. It stops the worry and turns on enthusiasm. Oh, and guess what is the number one enemy of serotonin? Caffeine. That’s right, caffeine depletes serotonin. So you might want to rethink that latte or cup of green tea. Serotonin converts to melatonin as the sun goes down, so if you’re low in serotonin, you won’t be able to create enough melatonin • which means you won’t sleep well. If you suffer from insomnia, serotonin may help you. Catecholamines (the number two most common deficiency) are the brain chemicals that make us feel energized and give us the ability to

concentrate. It's caused by a deficiency in catecholamines. Need that cup of coffee to get going? You're most likely low in catecholamines. And if you're self-medicating with coffee or chocolate, you're doing damage to your serotonin levels. GABA Stressed out? Can't relax? You might be low in GABA, the third most common deficiency. GABA is a natural tranquilizer and muscle relaxer. Endorphins Most people know about endorphins from exercise • the "runner's high." Endorphins give us the ability to enjoy our lives and experience pleasure. When we are in pain, endorphins rush in to flush and flood us with pleasurable feelings. Simply find out what deficiencies you have in descending order and treat accordingly with 5-HTP (Serotonin), DLPA or L-Tyrosine (Catecholamines), GABA (GABA), Exercise (Endorphins). Note: if you're like me and you mainly have the first two deficiencies (Serotonin & Catecholamines) you'll want to kick the caffeine habit first since you'll likely run into a whole host of problems while taking 5-htp and still drinking coffee, even if its small amounts. While you're taking 5-htp it's raising serotonin, but you'll still be depleting your dopamine/norepinephrine supply, therefore still likely remaining somewhat depressed with little progress towards feeling better. Taking a good dose of DLPA (500-750mg) in the morning should allow you to stop drinking coffee (with little or no withdrawal) and also return your catecholamines to normal levels. Now, why couldn't my doctor had told me this years ago, instead of giving me an antidepressant that only worked on just ONE of the problems?

In March of 2008 I had to let my insurance go. I am self employed and the cost had skyrocketed. As I knew the end was coming I tried to prepare by reading about and using holistic treatments as opposed to the five prescriptions that I was going to have to do without. I was diagnosed as severely clinically depressed in the late '90s. The very first prescription that I was ever given was one for 60mg., yes 60mg, of Prozac. The doctor(s) wanted to hospitalize me but I refused, opting instead to see the psychiatrist every other day....the first week was every day. I managed to get through this first year without killing myself and it is all just a blur. There were side effects to the drug that they "treated" with more drugs. I gained weight, lost weight, slept for 8 months, went through my entire life savings, etc., etc., you get the picture. I was a total mess. As time progressed I noticed that the drugs stopped working as effectively as they did in the beginning so I'd get switched.... I have it all written down somewhere but I think the last prescriptions I filled were for Wellbutrin & Zanyx.... plus sleeping pills.... I can not recall all of their names right now....I think I've blocked them out at this point because I simply do not need them or take them any longer.... and I feel SO SO SO much

better than I ever did while on the drugs. Seriously, a million times better. I still have days that aren't pretty, just like I imagine everyone does, but I can manage those days by taking an extra dose of SAM-e or one extra tablet of 500mg. L-Tryptophan at night. Another reviewer states it correctly here, this is not an overnight cure. However there are amino acids that even I felt better within one hour of taking them even while still a complete mess. I got *The Mood Cure* and *The Diet Cure* by Julia Ross and they both are invaluable to me. I learned so much from them about how things work in our bodies and what the cause and effect of what we put into our bodies is and what is happening when we are depressed or even when you have overwhelming urges to eat something like chocolate or carbs..... migraine headaches (which I have had) can be managed with the right combination of these amino acids, vitamins & minerals. I have never been anorexic or bulimic but those are also addressed and treatable in these books. Weight gain, weight loss, adrenal gland failure....it is all in these books. All completely treatable with the holistic means she tells you about in these books. Dr. Ross spells it out beautifully in these books. You can see yourself and read about exactly what has happened to you right in these pages. It is such a wonderful experience to know that you can get better. I did. I promise you can as well. She is honest and says that she can not treat two things by holistic means alone, those are bi-polar disease and schizophrenia which Dr. Ross says must be treated by prescription medicine but can be greatly helped with holistic treatments in conjunction. With those two aside you can figure out how to treat your severe clinical depression like I did with a trial and error approach to the suggestions she makes in the books. By the way, I really want to emphasize how important it is for you to take it extremely seriously how careful you are to get off of your prescription meds before you jump into "straight" holistics!! You could really crash and do serious harm to your psyche and also to your physical body if you are not careful. This is how I did it: I stayed on the meds while I learned to incorporate the aminos, etc. I would take a whole dose one day, 1/2 the next...I did this for one whole month. The second month I would do two days of 1/2 doses, then one whole....it took me several months, maybe 4, to completely get off of the prescription meds so please please be careful. You can have a severe set back if you just stop or stop too soon. With that said I also incorporated the aminos into my day as I was weening off the scrips. One of the great things about natural treatments like amino acids is that once your body has been refueled and doesn't need any more, say 5-HTP, or L-tryptophan, then you will get a MILD headache so you'll know you don't need that any more. But keep it, because if you have a bad life experience (like a mate dying or a family member, etc.) then you can understandably need to use them again until your supply is built back up. It took me until now from a start in March of '08, so 2.5 years, to be completely certain that I no longer need to take any of them! I still take a small (for me)

dose of 500mg L-Tryptophan at night and occasionally I'll take a 200mg of SAM-e in the a.m. but for the most part I am strictly maintenance now....but the first year I was taking 6000mg, yes, six thousand mgs per day of L-Tryptophan, high grade pharm powder, plus L-tyrosine, and a few others. I feel that my adrenal gland was just completely shot and I know I was right because I am the living proof of it now. You will FEEL what is right for you as you try different suggested things in the book. Complete relief does not happen over night but enough relief to function can come within an hour of taking the right amino, just as they tell you in the book. I've waited this long to review the books because I wanted to really get to the point where I feel "cured" and I do. I feel very well. My energy level is good, my moods are mostly even and level headed, I sleep very well and I have an appetite for wonderful healthy foods. The only other thing I can tell you that I have used to get where I am now is Weston A. Price Foundation (WAPF) and their opinions on whole foods & cod liver oil....invaluable. Also, they are big believers in all organic, including meat, and raw organic dairy. Which I also advocate. So, good luck. My very best wishes for your improved health and happy life. I know it is possible. I'm living proof.

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