

THE MOOD CURE & THE DIET CURE

Event with Julia Ross MA MFT NNTS

Friday April 8 at 7-9:00pm



Academy of Intuition Medicine®

2400 Bridgeway Suite 290, Sausalito

Directions: Info@IntuitionMedicine.org

\$20 Cash at door

Freedom From The Four False Mood Types & The Five Types of Sugar Cravings

Julia Ross presents solutions to overcoming the depression, anxiety, stress, emotional pain, and compulsive consumption of toxic carbohydrates that are diminishing the quality of our lives. *The Mood Cure* and *The Diet Cure* explain how and why we can feel better, without the use of caffeine, alcohol, anti-depressants, or chocolate and the even better news that we can begin to see the results in just one day. Julia's program is based on the use of five brain neurotransmitter-targeted amino acids, other potent nutrient supplements, and a diet rich in the traditional foods that, until the 1970s, had protected us against the mood, weight, and health disasters of the present.

The four emotion- and appetite- generators in your brain are called neurotransmitters. Each one is completely reliant on the availability of a specific amino acid. The use of these five brain-fueling aminos in supplement and food forms gives us back our true moods and true appetites.

