

FIRST AID FOR FOOD CRAVERS: EMERGENCY START-UP KIT FOR SEQUESTERED JUNK FOOD EATERS

Make Something Good Come Out of COVID-19: Kick the Addictive American Diet

Turn off the cravings worsened by the stress, depression, fear, boredom, insomnia, and grief.

While you've got the time, save yourself from the weakened immunity, weight gain, and negative moods caused by unhealthy comfort foods.



We Know That Junk Food, Obesity, and Diabetes Make Us More Vulnerable to the Virus. At Any Age.

But none of it is your fault. Food addiction and its consequences are involuntary and increasingly fatal *physical disabilities*. They're all the direct result of the toxic effects of sugar and other drug-like treats on your brain's ancient appetite chemistry. That's why dieting hasn't worked. The cravings are still there afterward, only worse.

Fortunately, there is a cure for craving!

You're looking at it. I've condensed my books *The Craving Cure* and *The Mood Cure* into *Five Action Steps*.

This is my way of trying to help us survive COVID-19. Lots of this material I have never put on the internet before .

Even before the COVID-19 pandemic hit the planet, the U.S. food industry had set off three other worldwide pandemics that have made us more vulnerable to this viral one. The first pandemic: *physical addiction* to the ultra-processed foods that I call Techno-Karbz. These products are specifically designed to disable the five-part appetite-control system which, for the prior 2 million plus years, had kept us fit and healthy. The Techno-Karbz takeover has led directly to pandemics two and three: *Diabetes* and *Obesity*. All three weaken us in the face of pandemic four: *COVID-19*.

The Key to Recovery: Nutritional Repair of Our Brains'

Appetite Centers

The restoration of our appetite-regulating system is an astonishingly simple job that requires just a few specific nutrients called amino acids.

First, we score a five-part [Craving Type Questionnaire](#) to quickly identify which of the five parts of our brain's control system is malfunction-



ing. The Questionnaire is based on well-established neurotransmitter and glucose deficiency symptoms.

Next: The Questionnaire scores will indicate which aminos are needed. Most victims of the Addictive American Diet can lose their junk food cravings and recover their inborn ability to face adversity with a sense of humour and resourcefulness in 1-2 days with the help of the *right* amino acid supplements (which are inexpensive and easy to find).

What About Your Mood? The same brain chemistry that regulates appetite also regulates mood, so the aminos that stop brain-generated cravings restore healthy *emotions* as well!

Note: If you're on an anti-depressant, see my articles on the MoodCure.com site for suggestions.

This is *Not Too Good to be True*

Everything I say here is based on neurochemistry research and the success of thousands of clients who've lost their cravings and negative moods at my (now virtual) clinic over the past 30 years.



ELIMINATING YOUR CRAVINGS AND NEGATIVE MOODS IN FIVE STEPS

I. Score the Craving Type Questionnaire



II. Choose the Amino Acids that will
eliminate your types of food craving.



III. Do an Amino Safety-Check



IV. Start and Adjust Your Amino Doses



V. Begin Eating Real Food

as soon as your cravings stop.



WANT BACKUP AMINO REPAIR GUIDANCE?

- * Find complete instructions: Read Chapters 11 and 12 in *The Craving Cure*. The rest of the book will tell you why we have become a nation (and world) of cravers. You can read that later.
- * Find a craving coach: Contact one of my virtual clinic's experienced nutritionist.
- * If you are a health practitioner, consider getting trained as a Neuro-Nutrient Therapist.

I promise that you'll be grateful for all the *sheltering* if you take your aminos!

So do it!

Julia Ross



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