

**A Professional Training Presented by
Julia Ross, M.A., M.F.T.
In conjunction with
International College of Integrative Medicine Conference
Detroit, Michigan**

**Sunday, September 23, 2007
1:00 – 5:15 pm**

**“Eliminating Our Deadly Dependence on Sweets, Starches and Starvation:
The Diet Cure”**

For registration and further information:
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Course Objectives

The attendees will be able to:

- Identify the four primary neurotransmitter deficits that trigger addiction to high carbohydrate foods.
- List the six amino acid precursors that can be used to correct the four neurotransmitter deficits.
- Describe three nutritional strategies for balancing blood sugar to eliminate hypoglycemic carbohydrate cravings.
- Determine adequate calories and the optimal protein, carbohydrate and fat content of a diet that can support neurotransmitter and blood sugar levels.

Course Outline

20 minutes	Introduction; A historical perspective on carbohydrate addictions, dieting disorders, and obesity.
30 minutes	The neurochemistry of carbohydrate addiction: how deficiencies in brain levels of serotonin, catecholamines, GABA and endorphin create the impulse to overeat.
60 minutes	Correcting serotonin and norepinephrine deficiencies using amino acid precursors.
15 minutes	Break
55 minutes	Correcting GABA and endorphin deficiencies using amino acid precursors
30 minutes	Mastering blood sugar balance with targeted nutrients to stop hypoglycemic carbohydrate cravings.
45 minutes	Dietary factors: adequate calories, healthy fats, protein, and carbohydrates, avoidance of allergy-foods.