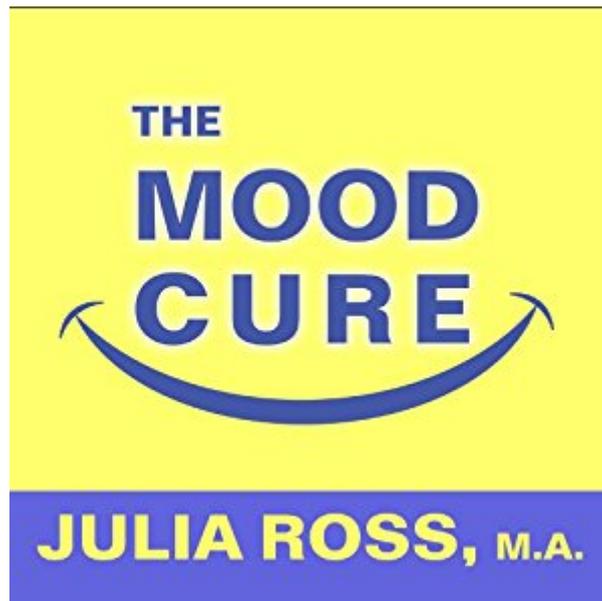


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# The Mood Cure: The 4-Step Program To Take Charge Of Your Emotions - Today



## Synopsis

We're in a bad mood epidemic, but Julia Ross shows you how to rediscover your emotional well-being naturally.

## Book Information

Audible Audio Edition

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## Customer Reviews

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 am a total skeptic. I've been a successful psychotherapist for 25 years. I've had mood difficulties my entire life and have consumed the usual therapies, medications and hormone replacement therapies and remedies without a "cure". What was most helpful about this book was the distinction Ross invites you to make between emotions caused by real events and thoughts versus "false moods" that are physiological states. Psychotherapy doesn't help correct physiological imbalances as efficiently as seeking a physiological remedy. Next, with a simple quiz, she divides these mood states into four basic categories and invites you to locate yourself into a category or two based upon the prevalence of certain symptoms. So far, this is like a detective story with you and your symptoms as the main focus. The plot thickens: She educates you about the nature of the physical imbalance implied by your answers and explains the action of the recommended nutritional supplements aimed at your specific hypothetical problem. She tells you how to know by your response whether it is working and how to recognize when you've gone too far and should stop the intervention. Well, I was desperate. I decided to follow her regimen to the letter. Surprise! Her predictions were absolutely true to my own responses. If she says you can feel a supplement start to work in 10 minutes, then that is what it does. If she says it takes months, then it does. BUT IT WORKED for me. It is 18 months since I first followed her advice and after a year or more of no supplements, some symptoms began to return. I'm not kidding when I tell you that the results are just as dramatic this time. I'm sold on her advice.

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?

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