

NUTRIENT THERAPY FOR EATING DISORDERS

A PROFESSIONAL TRAINING WITH JULIA ROSS

Saturday, May 20, 2006

9 a.m. – 1 p.m.

\$80

Marin County

Compulsive and binge eaters, bulimics, anorexics and bulimarexics are notoriously unresponsive to conventional psychotherapy and dietary counseling alone. Clinical research and practice point to more promising outcomes when targeted nutritional supplementation, specialized dietary therapies, and integrative medical care are added to conventional treatment methods. Learn strategies for addressing the underlying biochemical imbalances that can trigger overwhelming cravings for refined carbohydrates and other abnormal eating patterns, including:

- restoring appetite-and mood-regulating neurotransmitters such as serotonin and endorphin with precursor amino acids. Comparing the effectiveness of amino acids vs. SSRIs.
- the impact of providing key nutrients such as essential fatty acids on mood and appetite
- identifying and eliminating cravings and digestive problems caused by food allergies and intolerances
- correcting imbalances in thyroid, adrenal, and sex hormone levels
- stabilizing blood sugar for diabetics and hypoglycemics

Julia Ross, M.A., M.F.T. is a pioneer in the field of nutritional psychology and the author of the best-selling recovery manual for carbohydrate addiction, The Diet Cure, as well as her most recent book, The Mood Cure. Ross has founded and directed seven treatment programs for eating disorders, addictions, and mood problems in the San Francisco Bay Area since 1980. She is now Executive Director of the Recovery Systems Clinic in Mill Valley, California. She presents at many professional conferences and at her own professional trainings throughout the country.

*LEARN ABOUT CUTTING EDGE EATING DISORDER TREATMENT
TECHNIQUES FROM ONE OF THE TOP PROFESSIONALS IN THE FIELD.
LEARN HOW TO COMBINE NUTRITION AND PSYCHOTHERAPY IN PRACTICE.*

For details, call Recovery Systems Clinic at (415) 383-3611 x2