



Smart Life Forum

Julia Ross, M.A., M.F.T.

*Treating Mood Problems and Carbohydrate Addictions
without Drugs; Effective Alternative to Antidepressants and
Low Carb Diets That Fail*

Cubberly Community Center
4000 Middlefield Road, Room H1, Palo Alto, California

December 16, 2004 at 7:00 PM

Future Speakers: (Note January change)

- **January 20**, Randy Baker, M.D., Cynthia Quattro, PA.,LAc
Lyme Disease, the Hidden Epidemic; The story behind Chronic Fatigue & Fibromyalgia
- **February 17**, Julian Whitaker, MD
Orthomolecular Treatments for Chronic Diseases
- **March 17**, Bruce Lipton, PhD
Biology of Belief; Unleashing the Power of the Mind, Matter and Miracles
- **April 21**, Parris Kidd, PhD
Phospholipids and Omega-3 Fatty Acids for Brain Vitality - Recent Advances

Meet Julia Ross, M.A., M.F.T.

Julia Ross, M.A., M.F.T., is a pioneer in the field of nutritional psychology and author of the brain repair manual *The Mood Cure*, as well as the best-selling *The Diet Cure*, a nutritional recovery plan for carbohydrate addiction. She has been directing treatment programs for mood problems, eating disorders and addictions in the San Francisco Bay Area since 1980, and is now Executive Director of the Recovery Systems Clinic in Mill Valley. Since founding the clinic in 1988, Ross and her team of psychotherapists, nutritionists and holistic physicians have developed an innovative treatment model incorporating specialized nutrient therapy and biochemical rebalancing strategies to address some of the most difficult and increasingly common problems faced by Americans today: depression, anxiety, carbohydrate addiction, and chemical dependency.

Ross lectures nationally and has taught in several local universities since 1994, including John F. Kennedy's graduate psychology department. Ross's work has been featured in such publications as the *Journal of Molecular Psychiatry*, the *American Psychological Association's Journal of the Division of Humanistic Psychology*, *Alternative Medicine*, and *Psychology Today*. *The Mood Cure* was a finalist for the "Books for a Better Life" award, and its alternative approach to depression was featured on NBC news programs aired throughout the country. *The Diet Cure*, chosen by Amazon.com for its "Tremendous 10" Health, Mind and Body books in 2000, has sold over 150,000 copies in the US, UK and Australia.

Over the past 100 years our rates of depression have increased 100 times, while our rates of anxiety have tripled in just the past 10 years. In the same period, we've developed epidemic rates of obesity and diabetes directly associated with an increasing dependence on refined high carbohydrate foods. Our diet largely determines both our mental and our physical health. Whether we are battling cancer, diabetes, heart disease, or depression, or simply wish to be as vital as possible, an optimal diet is key. However, in spite of our best intentions, even the most health-minded individuals among us are succumbing to overwhelming cravings for nutrient-poor carbohydrates like cookies, bagels, pasta, ice cream and chocolate. The manufacturers of these drug-like foods know that they are highly addictive, and have manipulated them to be even more so.

The obvious solution is a low carbohydrate diet, which typically improves mood and energy and reduces weight and cholesterol levels. Unfortunately, low carb diets fail to eliminate the carbohydrate cravings that drive dieters back to their old destructive eating habits again and again.

Fortunately, we now know how to eliminate the underlying biochemical causes of carbohydrate cravings and mood problems. This frees us to eat a more traditional diet that will permanently support our health and sense of well-being.

The need for alternative solutions to mood and overeating problems has never been more urgent. The deadly dangers of popular antidepressant drugs like Paxil, Zoloft and Lexapro have recently been exposed and the public confidence in them shattered. At the same time, the shorter days of fall and winter have arrived, exacerbating both mood and appetite disorders, especially for the 25% of the population that suffers from Seasonal Affective Disorder.

The human brain is perfectly capable of generating its own antidepressant and appetite-regulating chemistry, even in winter. It had been doing so for millennia, until we stopped eating brain and body-nourishing foods and embarked on our feast and famine of empty, toxic, low calorie, low fat, highly caffeinated fast foods, skipped meals, and excessive carbs. This has proven to be a recipe for brain malnutrition on an unprecedented scale.

Most mood and overeating problems result from deficiencies of the brain's four extraordinarily powerful mood and appetite regulating neurotransmitters: serotonin, our natural antidepressant; catecholamines, our natural stimulants; GABA, our natural tranquilizer; and endorphin, our natural opiate. All four neurotransmitters can be produced from particular amino acids found in abundance in high protein foods like fish, eggs, poultry, meat and dairy products. They can also be produced from individual amino acid supplements.

Whether from food or from supplements, protein is the key – neurotransmitters can certainly not be produced from carbohydrates. Yet our carb vs protein intake has skyrocketed in the last century. Also essential for healthy mood chemistry are certain fats, particularly from fish, and the vitamins and minerals in fresh vegetables and fruits. Yet, again, these foods have been replaced by low quality vegetable oils and other “convenience” foods. But the good news is that, along with reinstating a diet rich in fresh, whole, nutrient-dense foods, supplementing with key brain-targeted amino acids and other nutrients can quickly begin to reverse the effects of our years of brain starvation. The benefits of supplementation can often be felt in the first day, with the disappearance of both carbohydrate cravings and mood problems.

The following 8-Part Questionnaire, excerpted from her books, *The Diet Cure* and *The Mood Cure*, pinpoints the eight physiological imbalances that can cause depression

mood cure, pinpoints the eight physiological imbalances that can cause depression, anxiety and carbohydrate addiction. She invites you to fill it out to see which areas of your own biochemistry may be sabotaging your mood, appetite and health. The focus of the December 16 Smart Life Forum will be the brain-fueling nutrients that can quickly eliminate neurotransmitter deficiency, the number one cause of mood disorders and carbohydrate cravings.

The Eight-Part Symptom Questionnaire

Circle the number next to any symptom that applies to you and follow the directions at the end of each section to calculate your score. For each section there are corresponding chapters in The Diet Cure or the mood cure that will tell you exactly what to do to correct your imbalances and clear away your symptoms.

I. Are your problems caused by neurotransmitter deficiency?

- 4 Sensitivity to emotional (or physical) pain; cry easily
- 4 Eat as a reward or for pleasure, comfort, or numbness
- 4 Worry, anxiety, phobia, or panic
- 4 Difficulty getting to sleep or staying asleep
- 3 Difficulty with focus, attention deficits
- 2 Low energy, drive, and arousal
- 4 Obsessive thinking or behavior
- 4 Inability to relax after tension, stress
- 3 Depression, negativity
- 4 Low self-esteem, lack of confidence
- 4 More mood and eating problems in winter or at the end of the day
- 3 Irritability, anger
- 4 Use alcohol or drugs to improve mood

Total Score _____ If your score is over 10, please turn to chapter 1 of The Diet Cure and/or all of The Mood Cure.

II. Are you suffering because of low-calorie dieting?

- 4 Increased cravings for and focus on food; overeating

- 4 Increased cravings for and focus on food, overeating
- 4 Regain weight after dieting, more than was lost
- 3 Increased moodiness, irritability, anxiety, or depression
- 3 Less energy and endurance
- 3 Usually eat less than 2,100 calories a day
- 3 Skip meals, especially breakfast
- 3 Eat mostly low-fat carbohydrates (bagels, pasta, frozen yogurt, and others)
- 2 Constantly think about weight
- 2 Use aspartame (Nutrasweet) daily
- 2 Take Prozac or similar serotonin-boosting drugs
- 2 Have become vegetarian
- 3 Have decreased self-esteem
- 4 Have become bulimic or anorectic

Total Score _____ If your score is over 12, please turn to chapter 2 of The Diet Cure.

III. *Are you struggling with blood sugar instability and stress?*

- 4 Crave a lift from sweets or alcohol, but later experience a drop in energy and mood after ingesting them
- 3 Dizzy, weak, or headachy, especially if meals are delayed
- 4 Family history of diabetes, hypoglycemia, or alcoholism
- 3 Nervous, jittery, irritable on and off throughout the day; calmer after meals
- 3 Crying spells
- 3 Mental confusion, decreased memory
- 3 Heart palpitations, rapid pulse
- 4 Frequent thirst
- 3 Night sweats (not menopausal)
- 5 Sores on legs that take a long time to heal
- 4 Crave salty foods
- 4 Often feel stressed, overwhelmed
- 4 Dark circles under eyes
- 4 More awake at night

Total Score _____ If your score is over 12, please turn to chapter 3 of The Diet Cure.

IV. Do you have unrecognized low thyroid function?

- 4 Low energy
- 4 Easily chilled (especially hands and feet)
- 4 Other family members have thyroid problems
- 4 Can gain weight without overeating; hard to lose excess weight
- 3 Have to force yourself to do even moderate exercise
- 4 Find it hard to get going in the morning
- 3 High cholesterol
- 3 Low blood pressure
- 4 Weight gain began near the start of menses, a pregnancy, or menopause
- 3 Chronic headaches
- 3 Use food, caffeine, tobacco, and/or other stimulants to get going

Total Score _____ If your score is over 15, please turn to chapter 4 of *The Diet Cure*.

V. Are you addicted to foods you are actually allergic to?

- 3 Crave milk, ice cream, yogurt, cheese, or doughy foods (pasta, bread, cookies, among others) and eat them frequently
- 3 Experience bloating after meals
- 4 Gas, frequent belching
- 3 Digestive discomfort of any kind
- 3 Chronic constipation and/or diarrhea
- 4 Respiratory problems, such as asthma, postnasal drip, congestion
- 3 Low energy or drowsiness, especially after meals
- 4 Allergic to milk products or other common foods
- 3 Undereat or often prefer beverages to solid food
- 3 Avoid food or throw up food because bloating after eating makes you feel fat or tired
- 4 Can't gain weight
- 3 Hyperactivity or manic-depression
- 3 Severe headaches, migraines
- 4 Food allergies in family

Total Score _____ If your score is over 12, please turn to chapter 5 of *The Diet*

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VI. Are your hormones unbalanced?

- 4 Premenstrual mood swings
- 4 Premenstrual or menopausal food cravings
- 4 Irregular periods
- 3 Experienced a miscarriage, an abortion, or infertility
- 4 Use(d) birth control pills or other hormone medication
- 3 Uncomfortable periods cramps, lengthy or heavy bleeding, or sore breasts
- 4 Peri- or postmenopausal discomfort (e.g., hot flashes, sweats, insomnia, or mental dullness)
- 3 Skin eruptions with period

Total Score _____ If your score is over 6, please turn to chapter 6 of The Diet Cure.

VII. Do you have yeast overgrowth triggered by anti-biotics, cortisone, or birth control pills?

- 4 Often bloated, abdominal distention
- 3 Foggy-headed
- 2 Depressed
- 4 Yeast infections
- 4 Used antibiotics extensively (at any time in life)
- 4 Used cortisone or birth control pills for more than one year
- 4 Have chronic fungus on nails or skin or athlete's foot
- 3 Recurring sinus or ear infections as an adult or child
- 3 Achy muscles and joints
- 3 Chronically fatigued
- 4 Rashes
- 3 Stool unusual in color, shape, or consistency

Total Score _____ If your score is over 13, please turn to chapter 7 of The Diet Cure.

VIII. *Do you have fatty acid deficiency?*

- 4 Crave chips, cheese, and other rich foods more than, or in addition to, sweets and starches
- 4 Have ancestry that includes Irish, Scottish, Welsh, Scandinavian, or coastal Native American
- 3 Alcoholism and depression in the family history
- 3 High cholesterol, low HDL levels
- 4 Feel heavy, uncomfortable, and "clogged up" after eating fatty foods
- 4 History of hepatitis or other liver or gallbladder problems
- 4 Light-colored stool
- 4 Hard or foul-smelling stool
- 4 Pain on right side under your rib cage

Total Score _____ If your score is over 12, please turn to chapter 8 of *The Diet Cure*.

If you have any questions about your scores, check the more detailed symptoms lists within the first eight chapters of *The Diet Cure*. Even if you have only a few key symptoms in a particular section, they may well indicate an imbalance that you should explore. If many of your symptoms appear in Part I, then you'll need to consult *The Mood Cure*.

Note to Members and Non-paid Attendees

All non-members who have attended once must pay \$5.00 for this last meeting of the year. Starting in January the charge for each meeting will be \$10, or \$60 for the whole year, with full membership benefits

