

# The Diet Cure Julia Ross

## Chapter 1 : The Diet Cure Julia Ross

Panic attacks winter blues suicidal thoughts fibromyalgia, tmj, migraines fear of heights, water, snakes, performance, etc. dislike hot weather frequently wakes at 3-4 am which brain type are you? low in serotonin (our natural antidepressant) afternoon or evening cravings for sweets, starches, alcohol, or cannabis negativity, depression Premium spirits tito's handmade vodka tanqueray gin belle isle moonshine flor de caña gold 5 year rum gosling's black seal rum leblon cachaça

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