



The Food-Mood-Body Connection

Gary Null

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More than fifty physicians describe their clinical experience treating maladies ranging from alcoholism to depression, from yeast overgrowth (candidiasis) to PMS. In case after case, these doctors found, mental and physical disorders were associated with vitamin deficiencies, environmental toxins, hormonal imbalances, food allergies, or an inability to absorb certain nutrients. Often, problems that had resisted all other treatments responded to nutrition-based approaches, sometimes combined with lifestyle changes.

The Food-Mood-Body Connection presents treatments that address the underlying biochemical imbalances which cause or contribute to conditions such as: aggressive behavior, alcoholism, allergies, Alzheimer's disease, anxiety, attention deficit disorder, autism, bipolar disorder, dementia, depression, eating disorders, fatigue, hypoglycemia, insomnia, learning disabilities, obsessive-compulsive disorder, PMS, schizophrenia, thyroid disorders...

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