



Secrets to Controlling your Weight, Cravings and Mood: Understand the biochemistry of neurotransmitters and how they determine our weight and mood

Maria Emmerich

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All new 2013 second Revision. Updated with latest science and information. Before Maria's passion for nutrition, she had a passion for donuts. She was an athlete and thought she could get away with eating what she wanted, as long as she worked out. NOT TRUE. Even though she ate enough calories, she was starving herself, specifically, she was starving her brain. Her stomach was filled with "substance" but her brain kept telling her to eat; our bodies are smart, they make us crave certain nutrients we need. For 90% of dieters, a deficiency in one of four essential brain chemicals can cause weight gain, fatigue, and stress. The solution to losing weight doesn't lie in deprivation diets; it lies in balancing our neurotransmitters. 1. Serotonin influences appetite. 2. GABA curbs emotional eating 3. Acetylcholine regulates fat storage 4. Dopamine controls metabolism When these brain chemicals are balanced, our bodies are more able to lose those extra pounds. Not only does this book cover how to find out which brain chemical you may be lacking, but directs you towards which foods will increase them, what supplements would be best for your body and will keep all the brain chemicals happy! This is a New Second Revision that fixes some spelling and editing problems.

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