THE MOOD CURE
THE 4-STEP PROGRAM
TO TAKE CHARGE OF YOUR EMOTIONS—TODAY

BY JULIA ROSS, M.A.
THE FOUR-PART MOOD-TYPE QUESTIONNAIRE

Circle the number next to each symptom that you identify with. Total your score in each section and compare it to the cut-off score. If your score is over the cut-off, or if you have only a few of the symptoms described in a section but they bother you (or those close to you) on a regular basis, turn to the chapter indicated.

Type 1. Under a Dark Cloud: Low in Antidepressant Serotonin

3 Do you have a tendency to be negative, to see the glass as half-empty rather than half-full? Do you have dark, pessimistic thoughts?

3 Are you often worried and anxious?

3 Do you have feelings of low self-esteem and lack confidence? Do you easily get to feeling self-critical and guilty?

3 Do you have obsessive, repetitive, angry, or useless thoughts that you just can’t turn off—for instance, when you’re trying to get to sleep?

3 Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer, TV, or work addict?

3 Do you really dislike the dark weather or have a clear-cut fall/winter depression (SAD)?

2 Are you apt to be irritable, impatient, edgy, or angry?

2 Do you tend to be shy or fearful? Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving the house, or anything else?

2 Have you had anxiety attacks or panic attacks (your heart races, it’s hard to breathe)?

2 Do you get PMS or menopausal moodiness (tears, anger, depression)?

3 Do you hate hot weather?

continued
2 Are you a night owl, or do you often find it hard to get to sleep even through you want to?
2 Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?
3 Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?
2 Do you find relief from any of the above symptoms through exercise?
3 Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain, tension, and grinding associated with your jaw)?
4 Have you benefitted from serotonin-targeted antidepressant drugs?

Total ________ If your score is more than 12 in part 1, turn to chapter 3.

Type 2. Suffering from the Blahs: Low in Stimulating Catecholemines or Thyroid or Low in Natural Stimulants Like Noradrenalin or Thyroid

3 Do you often feel depressed—the flat, bored, apathetic kind?
2 Are you low on physical or mental energy? Do you feel tired a lot, have to push yourself to exercise?
2 Is your drive, enthusiasm, and motivation quota on the low side?
3 Do you have difficulty focusing or concentrating?
3 Do you need a lot of sleep? Are you slow to wake up in the morning?
3 Are you easily chilled? Do you have cold hands or feet?
2 Do you tend to put on weight too easily?
3 Do you feel the need to get more alert and motivated by consuming a lot of caffiene or other “uppers” like chocolate, diet pills, or cocaine?

Total ________ If your score is more than 6 in part 2, turn to chapter 4.

continued
Type 3. Overwhelmed by Stress:
Low in Tranquilizing GABA

3  Do you often feel overworked, pressured, or deadline?
1  Do you have trouble relaxing or loosening up?
1  Does your body tend to be stiff, uptight, tense?
2  Are you easily upset, frustrated, or snappy under stress?
3  Do you often feel overwhelmed or as though you just can’t get it all done?
2  Do you feel weak or shaky at times?
3  Are you sensitive to bright light, noise, or chemical fumes?
   Do you need to wear dark glasses a lot?
3  Do you feel significantly worse if you skip meals or go too long without eating?
2  Do you use tobacco, alcohol, food, or drugs to relax and calm down?

Total _______ If your score is more than 8 in part 3, turn to chapter 5

Type 4. Too Sensitive to Life’s Pain:
Low in Pain-Killing Endorphins

3  Do you consider yourself or do others consider you to be very sensitive? Does emotional pain or perhaps physical pain really get to you?
2  Do you tear up or cry easily—for instance, even during TV commercials?
2  Do you tend to avoid dealing with painful issues?
3  Do you find it hard to get over losses or get through grieving?
2  Have you been through a great deal of physical or emotional pain?
3  Do you crave pleasure, comfort, reward, enjoyment, or numbing from treats like chocolate, bread, wine, romance novels, marijuana, tobacco, or lattes?

Total _______ If your score is more than 6 in part 4, turn to chapter 6
Caution Box: When Amino Acids and Other Nutrients Should Not Be Taken

*Important:* Read this information about contraindications to amino acids and other supplements before you decide which nutrients to try.

You should consult a physician before taking any amino acids, if you have a serious physical illness, including high or low blood pressure, lupus, migraine, liver impairment, severe kidney damage, an inborn error of amino acid metabolism, an overactive thyroid, or ulcers; are pregnant, nursing, taking methadone, or taking any medications, especially antidepressants or MAO inhibitors; or have severe mental or emotional problems, such as schizophrenia or bipolar disorder.

If you are taking a selective serotonin reuptake inhibitor such as Prozac (or any other mood-altering medication), you should consult with your doctor before taking 5-HTP, L-tryptophan, Saint-John’s-wort, or SAM-e.

If you are taking an MAO inhibitor (including phentermine) for depression, you should ask your doctor if it would be appropriate for you to take 5-HTP, L-tryptophan, L-tyrosine, D-phenylalanine or L-phenylalanine (*probably only after discontinuing* your MAO inhibitors).

If you have manic-depression (bipolar disorder), do not use L-glutamine, L-tyrosine, SAM-e, or Saint-John’s-wort, high doses of fish or flax oil, or chromium without consulting with a psychiatrist or psychopharmacologist. All can trigger mania in some people. Even with an expert’s okay, watch your reactions very carefully. Even 5-HTP and tryptophan might cause problems at higher doses.

If you have Hashimoto’s thyroiditis, you might have an adverse (jittery, headachy) reaction to L-tyrosine, L-phenylalanine, or DL-phenylalanine. If so, stop or reduce those aminos.

If you have active hyperthyroidism, you should *not* use L-tyrosine, L-phenylalanine, or DL-phenylalanine without medical advice.

If you have PKU (phenylketonuria), do not use DL-phenylalanine, or L-phenylalanine.

If you get migraine headaches, they may be triggered by L-tyrosine, DL-phenylalanine, or L-phenylalanine.

If you have melanoma, do not use L-tyrosine or D- or L-phenylalanine.

If you have low blood pressure, avoid GABA, taurine, or niacin, or use cautiously at low doses.

If you have high blood pressure, ask your doctor about using low or moderate (500–1,000 milligrams) L-tyrosine, DL-phenylalanine, or L-phenylalanine. (These amino acids can raise blood pressure at higher doses in some people and lower it in others.) Also avoid licorice if your blood pressure is high.
Chapter 3 Action Steps Dosage Charts

AM = on arising; B = with breakfast; MM = midmorning; L = with lunch;
MA = midafternoon; D = with dinner; BT = at bedtime.

### 5-HTP

<table>
<thead>
<tr>
<th></th>
<th>AM</th>
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<th>MM</th>
<th>L</th>
<th>MA</th>
<th>D</th>
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<tbody>
<tr>
<td>50 mg (not 100 mg)</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>1–3</td>
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<td>1–3</td>
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### Tryptophan

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<tr>
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<th>AM</th>
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<th>L</th>
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</tr>
</thead>
<tbody>
<tr>
<td>500 mg</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>1–3</td>
<td>—</td>
<td>1–3</td>
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</tr>
</tbody>
</table>

### Saint-John’s-wort

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<thead>
<tr>
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<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
<th>MA</th>
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</tr>
</thead>
<tbody>
<tr>
<td>300 mg</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>1–3</td>
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<td>1–3</td>
<td>1</td>
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</tbody>
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### SAM-e

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<thead>
<tr>
<th></th>
<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
<th>MA</th>
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<th>BT</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 mg</td>
<td>—</td>
<td>2</td>
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</tbody>
</table>
## Chapter 4 Action Steps Checklist

<table>
<thead>
<tr>
<th></th>
<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
<th>MA</th>
<th>D</th>
<th>BT</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-tyrosine 500 mg</td>
<td>1–4</td>
<td>1–4</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
</tr>
<tr>
<td>Try one before you increase your dose of tyrosine and cut back on it if you get agitated or experience any unusual symptoms. And/or L-phenylalanine 200–500 mg*</td>
<td>1–4</td>
<td>1–4</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
</tr>
<tr>
<td>Extra omega-3 fish oil† (300 mg combined DHA/EPA)</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
</tr>
<tr>
<td>SAM-e 400 mg</td>
<td>—</td>
<td>1–2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Grape seed extract 100 mg</td>
<td>—</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

*True Focus by NOW combines the two.
†In addition to your basic doses.
Chapter 6 Action Steps Dosage Chart

AM = on arising; B = with breakfast; MM = midmorning; L = with lunch;

MA = midafternoon; D = with dinner; BT = at bedtime.

<table>
<thead>
<tr>
<th></th>
<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
<th>MA</th>
<th>D</th>
<th>BT</th>
</tr>
</thead>
<tbody>
<tr>
<td>DLPA 500 mg</td>
<td>1–2</td>
<td></td>
<td>1–2</td>
<td></td>
<td>1–2</td>
<td></td>
<td></td>
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<tr>
<td>(250 mg D-, 250 mg L-)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Comfort Zone</td>
<td>1–3</td>
<td></td>
<td>1–3</td>
<td></td>
<td>1–2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you tend to crave sweets or alcohol for comfort, you might consider trying the Comfort Zone formula, which combines DLPA with L-glutamine, an amino acid that helps reduce cravings for sweets, starches, and alcohol by stabilizing blood sugar levels, is great for your digestion, and can also convert to calming GABA.

Or DPA 500 mg (if you need to avoid more stimulating DLPA)†

<table>
<thead>
<tr>
<th></th>
<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
<th>MA</th>
<th>D</th>
<th>BT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freeform amino acid blend 700–800 mg</td>
<td>1–2</td>
<td></td>
<td>1–2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

You probably won’t need the complete amino blend after the first month if you’re eating plenty of protein three times a day.

†Why you might want to take DPA rather than DLPA: you are jittery, hyper; headache prone; have high blood pressure; have insomnia; or have a personal or family history of melanoma.

To order DPA or Comfort Zone, which are hard to find, call our clinic’s order line (800-733-9293) or order from the Web site: www.moodcure.com. For DPA only, call Montiff (800-293-1683) or Bios Biochemicals (800-404-8185).
GOOD-MOOD MENUS FOR TWO WEEKS

When a menu item is starred (*), it means that a recipe for that item is included in the recipe section that follows the menus. If a menu item sports an (M) after it, that means “make more,” you’re going to use it for another meal later in the week. Whenever a menu item is decorated with an (L), it means it contains leftovers from a previous day.
<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>Menu Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat.</td>
<td>B</td>
<td>*Cottage Cheese Pancakes with fresh fruit (M).</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>*Complete meal salad (skip cheese, since you ate cheese at breakfast).</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>*Roasted Cornish game hens (M).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Roasted veggies (include potatoes and/or yams) (M) and cherry tomatoes.</td>
</tr>
<tr>
<td>Sun.</td>
<td>B</td>
<td>Grapefruit half or 2 (best to eat fruit before a meal);</td>
</tr>
<tr>
<td></td>
<td></td>
<td>turkey or chicken sausage (no nitrates); sautéed veggies scrambled with 2–3 eggs per person;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>warmed and buttered corn tortilla (or wheat toast, if you can tolerate wheat gluten).</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>1 cup or more of cottage cheese on a large bowl of chopped fresh fruit, with a sprinkling of fresh almonds.</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>*Fish-spinach roll-ups; *steamed basmati and/or wild rice (M); raw finger veggies (carrots, celery, cherry tomatoes).</td>
</tr>
<tr>
<td>Mon.</td>
<td>B</td>
<td>*Fresh orange–coconut milk Protein Blender Smoothie.</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>*Complete meal salad with leftover Cornish hen (L).</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>*Lamb chops (M), roasted veggies (L), and sliced cucumber with finely chopped mint, yogurt, and lemon juice.</td>
</tr>
<tr>
<td>Tues.</td>
<td>B</td>
<td>*Cottage Cheese Pancakes warmed up with fresh fruit (L) on top.</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>Tuna-stuffed avocado (prepare tuna with *Perfect Blender Mayonnaise or *olive oil vinaigrette) on a thick bed of salad greens. Add leftover rice for a more filling meal.</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>*Thai Coconut Milk Soup, including greens and potatoes, for a one-dish meal (M).</td>
</tr>
<tr>
<td>Wed.</td>
<td>B</td>
<td>*Fresh or frozen strawberry-yogurt Protein Blender Smoothie.</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>*Complete meal salad with cheese, beans, and pan-toasted pumpkin or sunflower seeds.</td>
</tr>
</tbody>
</table>

continued
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast (B)</th>
<th>Lunch (L)</th>
<th>Dinner (D)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs</td>
<td>*Oven Pancake topped with fresh fruit and 1–2 ounces turkey, chicken, or pork sausage or bacon without nitrates.</td>
<td>*Thai Coconut Milk Soup (L)—reheat and take in a wide-mouth thermos.</td>
<td>*Pan-browned dinner sausages (no nitrates), *One-Step Baked Ratatouille.</td>
</tr>
<tr>
<td>Fri.</td>
<td>*Blueberry-banana Protein Blender Smoothie.</td>
<td>*Complete meal salad.</td>
<td>*Oven-Roasted Fish (M); whole-wheat or rice fettucini with butter and grated Pecorino Romano or Parmesan cheese *and olive oil—sauteed greens (e.g. spinach) with vinegar.</td>
</tr>
<tr>
<td>Sat.</td>
<td>*Quick Rice Pancakes (L)(M) with fresh fruit.</td>
<td>Stir-fry (L).</td>
<td>*Beef or lamb roast with carrots and potatoes in drippings. Big green salad with *Balsamic Salad Dressing.</td>
</tr>
<tr>
<td>Sun.</td>
<td>Orange slices (or peaches and berries in summer). Sautéed spinach, onions, and other veggies scrambled with three eggs. Leftover baked potatoes or yams, sliced and cooked in butter or ghee.</td>
<td>*Fish (L) tostadas (reheat fish in oven on a corn tortilla), with avocado slices, shredded cabbage, cheese, green onion, and tomato.</td>
<td>*Crispy Chicken Tenders, steamed broccoli with butter and lemon, and baked potatoes.</td>
</tr>
</tbody>
</table>

*continued*
<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. 2</td>
<td>B</td>
<td>Tropical Protein Blender Smoothie (fresh or frozen pineapple and banana with coconut milk).</td>
<td>*Chicken breasts and/or thighs (M), served with *sauteed greens, baked butternut squash (M) with butter, and cherry tomatoes.</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>*Tuna and Bean Salad.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>D</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues. 2</td>
<td>B</td>
<td>Warmed-up Quick Rice Pancakes (L) with butter or yogurt and sliced bananas.</td>
<td>*Steak (M), baked potato with butter and/or sour cream, sauteed summer squash, and raw pea pods and baby carrots.</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>*Chunky Salad (M) with Creamy Lemon Salad Dressing.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>D</td>
<td></td>
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<tr>
<td>Wed. 2</td>
<td>B</td>
<td>*Peach or apricot Protein Blender Smoothie with sunflower or almond milk.</td>
<td>Grilled brochettes: prawns and/or scallops skewered with slices of onion, zucchini, bell pepper, and cherry tomatoes, marinated in extra-virgin olive oil, freshly pressed garlic, lots of lemon juice, and salt, cooked on barbecue grill or in broiler. Serve with buttered corn on the cob or polenta (M).</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>*Complete meal salad.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>D</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs. 2</td>
<td>B</td>
<td>Chopped tomatoes and cucumbers with lemon juice or yogurt 3 eggs with polenta slices (L), all sauteed in butter in the same pan.</td>
<td>Chicken breasts/thighs (M) with mashed-buttered butternut squash (L), *sauteed chard, and cherry tomatoes.</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>Tostada: oven-crisped corn tortilla topped with steak (L) strips, cheese, green lettuce, onion, avocado, and salsa.</td>
<td></td>
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<tr>
<td></td>
<td>D</td>
<td></td>
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</tr>
<tr>
<td>Fri. 2</td>
<td>B</td>
<td>1 cup or more cottage cheese with 2–3 pieces fresh fruit.</td>
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<tr>
<td></td>
<td>L</td>
<td>*Complete meal salad.</td>
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<tr>
<td>D</td>
<td>*Dredged and pan-seared fish with fresh lemon juice. Serve with buttered green beans and mixed green salad with *Creamy Lemon Salad Dressing.</td>
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</table>
| Snacks | Deviled, pickled, or plain hard-boiled eggs and raw vegetables.  
Raw veggies or chips (baked, not fried—see "Resource Tool Kit") with or without dips.  
**Dip suggestions:** salsa; salad dressings (see recipes, page 186); cottage cheese (or hard-boiled egg) blended with avocado, garlic (fresh or powder), salt, and lemon juice; bean dip; refried beans (no oil) mixed with salsa; hummus; plain cottage cheese.  
Apple or pear with or without string cheese or a chunk of cheddar.  
Fruit with cottage cheese.  
Fruit with a handful of lower-omega-6 nuts (cashews, macadamias, hickory nuts, filberts, almonds, pecans, or pistachios).  
Buttered popcorn with cheese or lower-omega-6 nuts.  
Rolled slices of meat or poultry (if you go to a deli for lunch, bring back a couple of slices of meat for a midafternoon snack) and carrot sticks.  
A mixture of chopped black olives and cream cheese spread on slices of ham and rolled up.  
Leftovers, such as high-protein pancakes or smoothie.  
A small fresh smoothie. |
HELPFUL KITCHEN IMPLEMENTS

- Large skillet or sauté pan (about 12 inches in diameter), with a metal handle so that it can be put in oven.
- Blender or food processor.
- Steamer basket that fits in a large cooking pot for reheating leftovers or steaming vegetables.
- Large bowl.
- Large roasting/baking pan.
- 2–4-quart pot (for vegetables and grains).
- Large 6–8-quart pot (for soups).
- Kitchen scissors and chef’s knife.
- Wooden spoon.
- “Salsa” chopper (a round plastic container with a blade that rotates and chops when you turn the handle by hand—for quickly chopping onions, pepper, celery, garlic, tomatoes, and so on for recipes).
- A 10 × 10-inch (approximate) baking dish, either glass or metal.

Skip the microwave—our experience is that eating food nuked in the microwave can cause fatigue, not surprising when you consider the violent cellular friction applied to the food by this method.
RECIPES

Breakfast

PROTEIN BLENDER SMOOTHIE

As a base, put any of the following into a blender:

2 tablespoons to ¼ cup full fat coconut milk, or 1 cup goat’s milk, plain kefir, plain whole-milk yogurt, buttermilk, or organic cow’s milk (if you can tolerate them)

Add:

A banana and/or other fresh fruit—½ cup berries, 1 peach, 1 pineapple wedge (mix and match); or ½ cup pumpkin or sweet potato (with a dash of cinnamon) for a change
2 tablespoons protein powder from rice, egg, or whey sources (totaling over 20 grams of protein)

Plus any or all of the following options:

1 tablespoon (or to taste) powdered green foods
1 teaspoon to 1 tablespoon nutritional yeast
2 tablespoons flaxseeds or meal
Fresh ginger or mint to taste

Blend all together. Add water (or ice in hot weather) if you’d like it thinner.

Makes 1 serving.
COCONUT MILK

Delicious in smoothies, or with chicken or vegetable broth or water for a soup base. Great in hot spicy herb teas or with fruit instead of whipped cream (it solidifies in fridge) or diluted in any recipe that calls for milk or cream. Look for first-press (full-fat) canned milk without preservatives (see “Resource Tool Kit”).

From scratch:

(Method 1) Break open a fresh coconut and pour the clear milk into a blender. Remove the coconut meat, chop, and place in the blender. Add enough hot water to bring the level to 4 cups. Blend at high speed for 3 minutes. Strain, pressing pulp to get out all liquid (this can be done in cheesecloth). Return pulp to the blender, just cover with hot water, and blend on high speed for 2 minutes. Strain, press again to remove all liquid from pulp, and discard. Refrigerate or freeze.

(Method 2) Soak dehydrated coconut (unsweetened) overnight. Strain and press as above.
OVEN PANCAKE

4 tablespoons butter
½ cup garbanzo or other whole-grain flour
½ cup milk or substitute
½ teaspoon salt
4 eggs

Place butter in a large (10- or 12-inch) ovenproof skillet and put into oven heated to 400°F. Place flour, milk, and salt in a blender. Blend to mix thoroughly, scraping sides with a spatula. Add eggs one at a time, blending after each addition. Pour egg mixture into hot skillet and return to oven. Bake until puffed and golden brown, 10–12 minutes.

Serves 2.
QUICK RICE CREPES OR PANCAKES

For each person, combine in blender:

½ cup cooked rice, or ⅔ cup for more substantial pancakes (Use leftover basmati and/or wild rice. Always keep some around.)
3 eggs
Salt to taste

Blend all together until it forms a batter. On a griddle or in a skillet, melt:

1 tablespoon butter, ghee, or coconut oil

Heat skillet until a drop of water sizzles. Using about ¼ cup batter for each pancake, cook until set and lightly brown on both sides. (Believe it or not, this recipe is tender and tasty made with plain canned beans if you’re out of rice.)
COTTAGE CHEESE PANCAKES WITH FRESH FRUIT

3 eggs
1 cup cottage cheese
2 tablespoons melted butter or coconut oil
¼ cup garbanzo flour
¼ teaspoon salt
½ cup fresh fruit
Ground cinnamon

Whirl eggs and cottage cheese in a blender or food processor until blended. Add melted butter or coconut oil, flour, and salt; whirl until smooth.

Lightly grease a griddle or large frying pan and preheat over low-medium heat. When pan is hot, pour ¼ cup batter into pan for each pancake. Cook until tops are bubbly, turn, and cook other sides until lightly browned.

Fresh fruit: Add ½ cup fresh blueberries to the batter or use any berries or sliced fruit as a topping and sprinkle lightly with cinnamon.

Makes 8 pancakes.
Cooking Fish and Seafood

Fish and other seafood are fast; fish cooks in less than half the time it takes to cook most meats and poultry. These fish are hearty, taste good, and don’t fall apart or overcook too fast:

- Salmon (preferably wild—not farmed)
- Bluefish
- Tuna
- Sea bass
- Halibut
- Red snapper
- Mahi-mahi
- Swordfish
- Blue marlin
- Calamari steaks
- Or any rich white fish, like flounder or haddock

These fish are more delicate and cook much faster:

- Sole filet
- Trout filet

Cooking methods for fish:

1. Pan searing with herbs.
2. Marinating and baking in the oven.
3. Dredging and pan searing for a crisp texture.
4. Stuffing with spinach and baking (only for delicate, thin fish like trout and sole).
Pan Searing Fish with Herbs

This is an excellent way to cook, because it seals in the flavor and allows the fish to remain very moist inside.

You will need:
Preheated 375°F oven
2 tablespoons spice blend of your choice. These can be bought in most stores. Health food stores often carry them in bulk, and grocery stores usually have a brand name, such as McCormick-Schilling, Spice Islands, or Dean & DeLuca, or a generic brand they produce. Avoid MSG and hydrolyzed vegetable protein. Some suggestions:
  - Italian seasonings
  - Curry powder
  - Mexican seasoning
  - Spike (or other brand “healthy” seasoning)
  - Lemon-pepper blend
  - Mediterranean blend
  - Thai seasonings
8–10 ounces fish (serves 2, or 1 with planned leftovers for another meal)
About 2 tablespoons olive oil

How to do it:
Simply take the dry ingredients and rub all over the surface of the fish. For more flavor, allow the seasoning to soak into the fish for about 10 minutes.
Once you have done this, heat the olive oil in a skillet or sauté pan over medium flame or coil until oil begins to ripple a little. Place the fish in the pan and sear for 2 minutes until it is brown, then flip it over for another 2 minutes to brown the other side.
When fish is browned, place your sauté pan with the fish in it in the preheated 375°F oven until it is cooked (about 5–10 minutes). Make sure it is cooked through by testing with a fork.
Marinating and Baking Fish in the Oven

You can use bottled salad dressings to make a liquid marinade (use a fat-free type—with no oil added—so you can add your own extra-virgin olive oil). The marinade will result in a sauce to go along with your fish. You can make your own marinade, using one of the following combinations:

- 4 tablespoons olive oil and 2 tablespoons balsamic vinegar, with 1 tablespoon fresh basil and 2 tablespoons minced onion
- 4 tablespoons olive oil, a squeeze of lemon juice, and 3 tablespoons chopped tomato (either canned or fresh), with 1 tablespoon basil or thyme and 1 tablespoon capers
- 2 tablespoons garlic (either chopped fine or pressed), 2 tablespoons ginger (chopped fine or garlic pressed), 1 tablespoon chopped lemongrass, and ½–1 cup coconut milk
- 2 tablespoons tamari, 5 tablespoons sesame oil, and 2 tablespoons ginger (chopped fine or garlic pressed)

You will need:
- Preheated 375°F oven
- 8–10 ounces fish (serves 2, or 1 with leftovers for another meal)
- Any of the above marinades; or ½ cup of bottled fat-free salad dressing with 2 tablespoons of extra-virgin olive oil added

How to do it:

Lay the fish out so it’s flat in a 10 × 10-inch baking dish. If you’re cooking more than one piece, make sure that they don’t overlap. You may need to use a large roasting pan if you are making extra for later meals.

Pour the marinade over the fish and let sit about 10 minutes.

Place in the preheated (375°F) oven and roast until fish is done (when it is still moist but flakes easily when pulled away with a fork), about 15 minutes for hearty, thick fish and 10 minutes for the thinner fillets, such as sole and trout.
Dredging and Pan Searing Fish for a Crisp Texture

You will need:

- Preheated 375°F oven
- ½ cup corn or rice flour (or wheat flour, if you tolerate it)
- 2 tablespoons herb blend (choose one):
  - Italian seasonings
  - Curry powder
  - Mexican seasonings
  - Spike
  - Lemon-pepper blend
  - Mediterranean blend
  - Thai seasonings
- Salt and pepper
- 8–10 ounces fish (serves 2, or 1 with leftovers for another meal)
- 2 eggs, beaten (or a little milk or water) and placed in a shallow dish
- 2 tablespoons olive oil, ghee, or coconut oil

How to do it:

In a shallow bowl big enough to lay the fish out flat, mix flour and dry herb mixture together, and season with a little salt and pepper.

Dip the fish in the egg to moisten. (Or you can use a little water or milk to moisten the fish so flour will adhere, if you’d rather not use egg.) Then dredge the fish pieces in the corn or rice flour coating. Set aside on a plate.

In your skillet or sauté pan, preheat oil for about 1 minute, then place the fish in it. Let it crisp on both sides (about 2–4 minutes on each side).

If you are cooking sole or a similar thin fish or fillet, it will cook through on the stovetop (about 4 minutes on each side).

If you are cooking hearty, thick fish, place the pan (with the fish still in it) in the preheated 375°F oven and cook until done (about 10–15 minutes).
Stuffing Sole or Trout Fillets with Sautéed Spinach
and Lemon Butter/Ghee/Olive Oil

You will need:
- Preheated 375°F oven
- 1 tablespoon olive oil
- 4 cups cleaned and chopped fresh spinach
- 1 teaspoon minced garlic (optional)
- Two 4-ounce pieces fillet of sole or trout
- Salt and pepper, for seasoning
- 1–2 tablespoons butter
- 4 long toothpicks (2 for each fillet)
- Lemon wedges or juice

How to do it:

Heat 1 tablespoon of olive oil in a skillet or sauté pan. Add the spinach and toss until it’s wilted. (If using garlic, add and let it open up in the pan until it’s light golden.) Season with salt and pepper, and remove from the heat. Cool a few minutes until you can comfortably touch the spinach.

Lay the fillets out flat. Salt and pepper to taste. Place half the spinach at the top of each fillet. Roll up each fillet and place 2 pats of butter on each. Secure with toothpicks, sticking them through the butter pats.

Put the rolls in the sauté pan and place in the oven for about 8 minutes until done (when the fish is still moist but flakes easily when pulled away with a fork). Squeeze lemon juice on fish and serve.
Cooking Poultry

Roasting Poultry

You will need:
- Preheated 350°F oven
- 1 whole chicken, 2 Cornish hens, 4 chicken breasts, 6 chicken thighs, or 1 turkey breast to serve 2–3
- Salt and pepper
- Seasoning mixture (choose from the following):
  - 1 tablespoon fresh or 1 teaspoon dry each of rosemary and sage
  - 1 tablespoon each of thyme and lemon zest
  - ½ cup yogurt mixed with 1 tablespoon lemon zest or 1 tablespoon curry powder or any combination of herbs we’ve mentioned in other recipes
  - Homemade or store-bought pesto, either with dairy or dairy-free
  - Fresh lemons for stuffing in the cavity of whole birds along with 1 tablespoon fresh or 1 teaspoon dry herbs

How to do it:

Take whatever poultry you have chosen, salt and pepper to taste, and coat with dry herbs or with wet mixture and place in a roasting pan. If using a whole bird, rub a little herb mixture inside the cavity and add halved lemons, if desired. Place poultry in the refrigerator for 1 hour to overnight.

Take the marinated poultry from the fridge and roast it in the oven until golden brown and the juices run clear. For whole birds, when you jiggle the leg it should come away easily and juices should run clear. About 35–45 minutes for cut pieces and for game hens. Larger whole birds should be cooked by weight—20 minutes per pound or to 170°F on a meat thermometer.
CRISPY CHICKEN TENDERS

½ cup whole-grain or gluten-free bread crumbs (see gluten-free food sources in the “Resource Tool Kit”)
½ teaspoon granulated garlic or garlic powder
¼ teaspoon celery salt
Pepper to taste
1 pound chicken breast strips
Melted butter

Mix bread crumbs with garlic, celery salt, and pepper.
Coat each strip with melted butter, then with seasoned crumbs.
Put on lightly oiled cookie sheet or in large roasting pan and bake at 325°F for 10–12 minutes or until lightly browned and done through.

Serves 2: ¼ pound per person, plus planned leftovers.
Cooking Pork, Beef, and Lamb

Pork Loin, Rack of Lamb, or Leg of Lamb with Bone

You will need:
- Preheated 375°–380°F oven
- 1 cup basil leaves
- 1 tablespoon rosemary
- 3 cloves garlic
- Approx. ¼ cup olive oil (drizzle in until it forms a paste)
- Pork loin, rack of lamb, or leg of lamb with bone in

How to do it:

Puree the basil, rosemary, garlic, and olive oil together until it forms a loose paste.

Coat the meat and roast in a roasting pan for 15–20 minutes per pound, until done.
Pork or Lamb Chops or Beefsteak

You will need:
- Preheated 375°–380°F oven
- 2 pork chops or 2–4 lamb chops or 1–2 beefsteaks (serves 2, or 1 with leftovers for another meal)
- Salt and pepper
- 1 tablespoon olive oil

How to do it:

Season the chops or steak with salt and pepper. Heat 1 tablespoon oil in a large skillet or sauté pan. Place meat in hot oil and sear until light brown on one side. Turn and sear the other side. Finish cooking in the oven until done the way you like, following these guidelines:

- Pork chops—A minimum of 10 minutes for each inch of thickness.
- Lamb chops—5 minutes for rare, 8 minutes for medium-rare, 10 minutes for medium, and 15–20 minutes for well done.
- Beefsteak (1 inch thick)—No oven time for rare, 5–7 minutes for medium, 7–10 minutes for medium-well, and 10–15 minutes for well done. Increase the time approximately 5 minutes for each additional inch of thickness.
THAI COCONUT MILK SOUP

Coconut milk is delicious and great for you. The curry in this soup makes it even more delicious, and it’s easier than you’d think. This one-dish meal will make about 3 quarts—enough for 6 servings. It keeps well in the fridge or can be frozen and reheated at another time for succulent leftovers.

You will need:

- 3 tablespoons ghee or olive or coconut oil
- 1 tablespoon chopped garlic
- 3–4 tablespoons curry powder (according to your taste, as these vary in heat)
- 1 cup chopped onion (½ very large onion)
- 2 tablespoons chopped fresh ginger
- 6 cups of a variety from the following:
  - Broccoli florets
  - Carrots, cut in ½-inch slices
  - Celery, cut in 1-inch slices
  - Cabbage, cut in approx. 2-inch chunks
  - Green beans, cut in 2-inch pieces
  - Potatoes, cubed with skin (include up to 2 cups, but only if this soup is a complete meal with no other high-carb foods)
  - Greens, chopped or snipped with scissors, if large (add in last 10 minutes)
  - Pea pods or snow peas (add in last 10 minutes)
  - Green onions, tops and all, cut in 1-inch pieces (add in last 10 minutes)

About 1½ pounds protein. Examples of different proteins you can add to this soup:

- Fish, cubed
- Shrimp (add frozen, works fine)
- Scallops, cut into bite-size pieces, if large (add frozen, works fine)
- Turkey, cubed
- Chicken, cubed
Pork loin, cubed
5 cans coconut milk, full-fat and with no preservatives (substitute chicken or vegetable broth for some of the coconut milk, if you’d like)
¼ cup fresh basil, minced, or 1 tablespoon dried

In a large pot, heat the ghee or oil. Add the garlic, curry powder, onions, and ginger. Sauté about 5 minutes, then add the veggies (except greens, pea pods, and green onions), and the protein choice. Stir until coated with the spice mixture.

Sauté another couple minutes, then add the coconut milk. Stir until all the flavors are incorporated, then let simmer until the protein is cooked through (about 20 minutes for thawed seafood, 30 minutes for meat, poultry, and frozen seafood), stirring now and then. During the last 10 minutes, add greens, pea pods, and green onions, if you are using them.

When it’s all cooked, add the basil and let it open up a few minutes. It’s ready to serve.
Salads and Dressings

Select-a-Salad

Salads are a great way to enjoy all your food groups and get the nutrients you need. They’re also easy to make, lovely to look at, and delicious when made fresh. Use the following chart, which was developed for *The Diet Cure*, for hundreds of salad variations.

*For a complete meal salad:* Select items from lists 1, 2, 3, 4, and 5 and combine for a salad that is a satisfying meal.

*For a side salad:* For a salad to go along with a protein entrée, select from lists 1, 2, 5, and, if there’s no other starchy carb in the meal, 3.

<table>
<thead>
<tr>
<th>List 1</th>
<th>List 2</th>
<th>List 3</th>
<th>List 4</th>
<th>List 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups or more from this list</td>
<td>1 cup or more from this list</td>
<td>1/2 cup from this list</td>
<td>3/4 cup or more from this list</td>
<td>2 tablespoons from this list</td>
</tr>
<tr>
<td>green- or red-leaf lettuce</td>
<td>raw broccoli or cauliflower</td>
<td>green peas</td>
<td>roast beef, chicken, or turkey</td>
<td>vinaigrette</td>
</tr>
<tr>
<td>spinach leaves</td>
<td>steamed broccoli, asparagus, green beans, or cauliflower</td>
<td>black-eyed peas, lima, kidney, garbanzo, cannellini, black, or pinto beans</td>
<td>1/4 cup nuts and/or seeds</td>
<td>Creamy Lemon Salad Dressing (see recipe on page 186)</td>
</tr>
<tr>
<td>romaine lettuce</td>
<td>arugula</td>
<td>corn, rice, or other cooked grains</td>
<td>cottage cheese</td>
<td>other salad dressing with good oils and no sugar</td>
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<tr>
<td>mesclun</td>
<td>tomatoes</td>
<td>cooked potatoes or sweet potatoes</td>
<td>1/4 cup feta cheese</td>
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<tr>
<td>other mixed greens</td>
<td>cucumber</td>
<td></td>
<td>1/2 cup beans or peas</td>
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<td></td>
<td>bell peppers</td>
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<td></td>
<td>avocado</td>
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<td></td>
<td>carrot, sliced or grated</td>
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<tr>
<td>or omit this list and use 1 more cup from list 2</td>
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</table>
CHUNKY SHRIMP AND FETA SALAD

2 tomatoes  
4 stalks celery  
½ red onion  
1 cucumber  
2 carrots  
4 ounces crumbled feta cheese  
12 ounces cooked salad shrimp

Cut all vegetables into large (½-inch to ¾-inch) chunks. Mix with feta and shrimp. Use your favorite dressing.

Makes 4 servings.

***

SALMON AND BEAN SALAD

1 (14.5-ounce) can garbanzo beans, drained and rinsed  
½ medium red onion, thinly sliced  
Salt to taste  
1 (6-ounce) can salmon  
4 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar, or balsamic vinegar  
Cracked pepper to taste  
¼ cup chopped fresh parsley

Place the beans and onion in a serving bowl, sprinkle with salt, and toss. Drain salmon, break into large chunks, and add to serving bowl. Coat well with oil. Add vinegar, pepper, and chopped parsley. Toss thoroughly. Adjust seasoning to taste. Serve on a bed of salad greens, sliced avocado, and sliced tomato.

Makes 2–3 servings.
PERFECT BLENDER MAYONNAISE

1 large egg
1 tablespoon vinegar
½ teaspoon salt
½ teaspoon dry mustard
½ cup extra-virgin olive oil, plus ½ cup more
1 tablespoon lemon juice

Combine in a blender the egg, vinegar, salt, and dry mustard; cover and blend about 5 seconds. With blender running on the slowest speed, add ½ cup olive oil in the thinnest stream you can, still making a stream. For best results, the stream of oil should hit the combination in the container halfway between the side of the container and the vortex in the middle.

Add lemon juice; running the blender on the slowest speed, gradually add ½ cup more olive oil. If the oil quits moving into the vortex, stop the blender and break the surface tension of the mayonnaise, using a spatula to scrape the sides (sometimes just turning the blender off and on again will do this). Store for up to 4 weeks in a tightly covered jar in the refrigerator.

Makes about 1 ¼ cups.

CREAMY LEMON SALAD DRESSING

½ cup olive oil
¼ cup lemon juice
3 tablespoons nutritional yeast
1 teaspoon salt
1 teaspoon mustard

Shake until blended in glass jar or whisk in bowl.

Makes about 1 cup.
BALSAMIC SALAD DRESSING

¼ cup balsamic vinegar
¾ cup extra-virgin olive oil
1 teaspoon salt
1 tablespoon mustard
1 teaspoon minced garlic

Whisk in bowl or shake in jar.

Makes about 1 cup.

***

RANCH OR BLUE CHEESE SALAD DRESSING

½ cup Perfect Blender Mayonnaise
¼ cup lemon juice
¼ cup buttermilk
2 teaspoons salt
1 teaspoon pepper
1 teaspoon chopped garlic
1 tablespoon minced green onion
¼ cup water to thin
1 teaspoon garlic salt
1 teaspoon onion powder

Blend or whisk all ingredients until well mixed.

Makes about 1 cup of dressing or dip.

Optional: Add ¼ cup crumbled blue cheese to make Blue Cheese Salad Dressing.
DILL TAHINI SALAD DRESSING

¼ cup sesame tahini
¼ cup lemon juice
1 cup yogurt
1 teaspoon garlic (pressed or chopped)
1 teaspoon dill
1 teaspoon salt
1 teaspoon pepper
½ cup water

Blend or whisk all ingredients until well mixed.

Makes about 2 cups of nondairy salad dressing or dip.
Vegetables

Roasting Vegetables

Roasting vegetables and potatoes is so easy. It requires only a little prep and some oven time.

Types of veggies you can roast:

- **Turnips**
- **Carrots**
- **Asparagus** (need only 15 minutes of roasting)
- **Green beans** (need only 15 minutes of roasting)
- **Zucchini or summer squash** (need only 15 minutes of roasting)
- **Sweet potatoes**
- **Potatoes**—all types, especially small red, Yukon gold, and Yellow Finn
- **Kohlrabi**
- **Onions**
- **Rutabagas**
- **Brussels sprouts**
- **Cabbage** (cut in 2-inch cubes)
- **Broccoli**
- **Fennel** (especially good with balsamic vinegar and olive oil)
- **Eggplant** (Japanese in halves or quarters or large in cubes)
- **Bell pepper strips**

These are only examples—you can roast most veggies, except greens, which are better sautéed.
**You will need:**

- Preheated 350°F oven
- 2 tablespoons olive oil per every 2 cups of vegetables
- 1 tablespoon chopped garlic
- 1 tablespoon chopped savory herbs such as rosemary or thyme

**How to do it:**

Cut your veggies into 1- or 2-inch pieces, or, for broccoli and cauliflower, separate into florets. Place in a big bowl and toss with olive oil.

Lay out a single layer on the roasting/baking pan and cook in oven until almost done (15–30 minutes).

Remove the vegetables and put them back into the bowl. Add the garlic and herbs, toss around with a wooden spoon, then put them back on the baking pan and return to the oven for about 3–5 minutes, until the garlic and herbs open up. The reason for waiting until the end to add them is that the flavors will open on the veggies without burning the garlic and herbs. (You can save this last step if you’d prefer the veggies without garlic and herbs. In that case, just salt them before or after roasting.)
Sautéed Greens

Here are some of the many types of tasty greens—they’re easy and quick to cook:

- Kale
- Swiss chard
- Spinach
- Arugula
- Curly endive
- Mustard or turnip greens

You will need:

- 1 tablespoon olive oil or ghee for each 4 cups of chopped greens
- Your choice of seasoning for greens—per each 4 cups raw, chopped greens:
  - 1 tablespoon chopped garlic and pinch chili flakes (add late in cooking)
  - 1 tablespoon chopped onion and bits of bell pepper
  - Juice of ½ lemon and salt (add late in cooking)
  - Salt and pepper (add late in cooking)
  - 1 tablespoon chopped ginger and a squeeze of lime juice (add late in cooking)
  - A dash of cumin and a small dash cayenne pepper, then more to taste

How to do it:

Chop the greens you’ve chosen with a knife, or snip them with kitchen scissors. Heat olive oil or ghee in a large sauté pan or skillet (add onion and pepper, if using), then sauté the greens quickly, and just when they wilt, add the seasonings. Allow the heat to open up the flavors a little (for 1–2 minutes), then turn off the heat. Tougher greens, like some kale, turnip, and mustard, can be steamed until tender by adding a little liquid (2 tablespoons water or broth) and cooking covered till tender.
ONE-STEP RATATOUILLE

This tastes even better when it is made ahead and reheated, and it even tastes good served at room temperature. Vary the vegetables according to what you like and what’s available.

1 medium eggplant, cubed
6 small zucchini and/or crookneck squash, cut in ½-inch slices
1 large red or yellow onion, sliced
4 cloves garlic, minced
6 plum tomatoes, cut in quarters
1 medium red bell pepper, seeded and cut in 1-inch squares
½ teaspoon oregano or marjoram and ¼ teaspoon thyme (optional), or 1 teaspoon Italian herb blend
1–1½ teaspoons salt, to taste
½ cup extra-virgin olive oil

Place all ingredients except olive oil in a 3-quart ovenproof pot or casserole dish. Drizzle olive oil over all and mix. Bake uncovered for 1½ hours in a 325°F oven. The vegetables will cook down considerably.

Makes 6–8 servings.
Cooking Whole Grains Simply

There are many interesting kinds of grains. Cooking them is pretty simple; there are instructions on the packages, if you buy them in the grocery store. However, if you buy them in bulk, here are the basics.

You will need:
- Water, or vegetable or chicken stock
- Measuring cup
- Pinch of salt, or if you want more flavor:
  - For each cup of uncooked grain, add 2 tablespoons of any of the following to the water:
    - Italian seasoning
    - Curry powder
    - Mexican seasoning
    - Spike
    - Lemon-pepper blend
    - Thai seasonings

<table>
<thead>
<tr>
<th>Grain</th>
<th>Liquid Needed per Each Cup of Grain</th>
<th>Approximate Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati rice</td>
<td>2 1/4 cups water or stock</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Brown basmati</td>
<td>2 1/4 cups water or stock</td>
<td>40 minutes</td>
</tr>
<tr>
<td>Wild rice</td>
<td>2 cups water or stock</td>
<td>1 hour</td>
</tr>
<tr>
<td>Black rice</td>
<td>2 cups water or stock</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Buckwheat groats</td>
<td>2 cups water or stock</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Amaranth</td>
<td>3 cups water or stock</td>
<td>25 minutes</td>
</tr>
</tbody>
</table>
Or add:

- 2 chopped cloves of garlic and chili flakes to taste
- 2 tablespoons chopped onion and 2 tablespoons bell pepper
- 1 tablespoon chopped zest of lemon

How to do it:

Bring your measured water and herbs to a boil. Add the grain, cover, turn down to a simmer, and cook until done.
## Key Nutrients for Vegetarians and Vegans

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<thead>
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<th>Nutrient</th>
<th>Recommendation</th>
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<tr>
<td><strong>Vitamin B₁₂</strong></td>
<td>100–400 mcg daily</td>
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<tr>
<td><strong>Vitamin D</strong></td>
<td>800 IU daily (more should be avoided unless you test your levels first)</td>
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<tr>
<td><strong>L-carnitine</strong></td>
<td>500 mg daily</td>
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<tr>
<td><strong>Zinc</strong></td>
<td>25–50 mg daily (upper limit of safety is 100 mg, except during illness)</td>
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<tr>
<td><strong>Selenium</strong></td>
<td>100–200 mcg daily (upper limit of safety is 400 mcg)</td>
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<tr>
<td><strong>Iron</strong></td>
<td>27 mg daily; NOW Iron Complex (with Ferrochel) in nongelatin tabs is the only vegan nonsweetened source I know of</td>
</tr>
<tr>
<td><strong>Omega-3 fatty acids</strong></td>
<td>Algae Oil by Nature’s Way or Martek Biosciences, 410-740-0081, but be aware that they use gelatin caps; you can purchase them and squirt the oil out, if you don’t want to swallow these caps</td>
</tr>
<tr>
<td><strong>HCl</strong></td>
<td>These come in tablets or gel caps by Freeda for A blood types (and for all to use on exotic travels to protect from parasites)</td>
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## The Basic Supplements

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<thead>
<tr>
<th>Supplement</th>
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<th>B</th>
<th>MM</th>
<th>L</th>
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<th>D</th>
<th>BT*</th>
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<td>Multivitamin/mineral</td>
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<td>Calcium 250–500 mg</td>
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<td>Magnesium 200–400 mg</td>
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<td>Vitamin D 400 IU†</td>
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<td>(more if testing indicates a need)</td>
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<td>B complex 10–25 mg‡</td>
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<tr>
<td>Vitamin C with bioflavonoids (1,000 mg C and 300–500 mg bioflavonoids)</td>
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<tr>
<td>Fish oil (300 mg combined DHA/EPA, 1,200–2,400/day)</td>
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</tbody>
</table>

*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.
†Most good multis contain 400 IU. If you need doses over 1,000 IU, get 1,000 IU vitamin D from fish oil source. See the "Resource Tool Kit," page 289, for testing and supplement sources.
‡Source Naturals or Country Life coenzyme brands are recommended.
## The Special Repair Supplements

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<tr>
<th>Supplement</th>
<th>AM</th>
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<th>D</th>
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<tr>
<td><strong>Lifting the Dark Cloud</strong></td>
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<td>5-HTP 50 mg (not 100 mg)</td>
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<td>L-tryptophan 500 mg</td>
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<tr>
<td>Saint-John’s-wort 300 mg</td>
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<tr>
<td>SAM-e 400 mg</td>
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<tr>
<td><strong>Blasting the Blahs</strong></td>
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<tr>
<td>L-tyrosine 500 mg</td>
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<tr>
<td>L-phenylalanine 500 mg</td>
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</tr>
<tr>
<td>A combination of L-tyrosine and L-phenylalanine such as NOW’s True Focus plus</td>
<td></td>
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<tr>
<td>Extra† omega-3 fish oil (300 mg combined DHA/EPA)</td>
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<tr>
<td>Vitamin K 100 mcg</td>
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<tr>
<td>Grape seed extract 60 mg</td>
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<tr>
<td>Thyroid glandulars</td>
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<tr>
<td>Homeopathic thyroid, as directed</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Easing the Stress</strong></td>
<td></td>
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</tr>
<tr>
<td>Combination of GABA 100–200 mg with taurine and glycine‡</td>
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</tr>
</tbody>
</table>

*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.
†“Extra” means on top of the amounts of these nutrients that you get in your basic supplements.
‡Try GABAcalm by Source Naturals or Relaxers by Country Life.

*continued*
<table>
<thead>
<tr>
<th>Supplement</th>
<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
<th>MA</th>
<th>D</th>
<th>BT*</th>
</tr>
</thead>
<tbody>
<tr>
<td>GABA 500 mg</td>
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<td></td>
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<tr>
<td>Calms Forte</td>
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<tr>
<td>Inositol powder</td>
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<tr>
<td>L-glutamine 500 mg</td>
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<tr>
<td>Chromium 200 mcg</td>
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</tbody>
</table>

Desensitizing from Life’s Pain

<table>
<thead>
<tr>
<th>Supplement</th>
<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
<th>MA</th>
<th>D</th>
<th>BT*</th>
</tr>
</thead>
<tbody>
<tr>
<td>DLPA 500 mg (250 mg D-, 250 mg L-), or DPA 500 mg or Comfort zone plus</td>
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<tr>
<td>Freeform amino acid blend 700–800 mg</td>
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Sleep Repair

<table>
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<tr>
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<th>L</th>
<th>MA</th>
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<tr>
<td>Melatonin</td>
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<tr>
<td>Extra† calcium</td>
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<tr>
<td>Extra† magnesium</td>
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<tr>
<td>Extra† zinc, 50 mg</td>
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<tr>
<td>Extra† vitamin C</td>
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<tr>
<td>Extra† vitamin E 400 IU</td>
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<tr>
<td>Extra† iron 15–20 mg (look for absorbable, nontoxic form—Ferrochel)†</td>
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<tr>
<td>Folic acid 1,000–5,000 mcg</td>
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<td>other</td>
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Addiction Repair

<table>
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<th>MM</th>
<th>L</th>
<th>MA</th>
<th>D</th>
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<tbody>
<tr>
<td>Alka-Seltzer Gold</td>
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</tbody>
</table>

*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.
†“Extra” means on top of the amounts of these nutrients that you get in your basic supplements.
‡Eg., Iron Complex by NOW or Chelated Iron by Carlson.

continued
<table>
<thead>
<tr>
<th>Supplement</th>
<th>AM</th>
<th>B</th>
<th>MM</th>
<th>L</th>
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<td>Vitamin C powder</td>
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<td>(e.g. by Nutricology)</td>
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<tr>
<td>Pancreatic enzymes</td>
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<td>Milk thistle 300 mg</td>
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<td>Adrenal Repair</td>
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<tr>
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<tr>
<td>DHEA</td>
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<tr>
<td>Rx cortisol</td>
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<td>Sex Hormone Balancing</td>
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<td>Rx estrogen</td>
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<td>Rx testosterone</td>
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*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.
## Supplement Troubleshooting Tips

<table>
<thead>
<tr>
<th>Troubling Symptom</th>
<th>Supplements That May Be Implicated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stomachache</td>
<td>hydrochloric acid (HCl), B complex</td>
</tr>
<tr>
<td>Headaches</td>
<td>L-tyrosine, DLPA, L-phenylalanine, L-tryptophan, 5-HTP, DHEA</td>
</tr>
<tr>
<td>Loose bowels</td>
<td>magnesium, vitamin C</td>
</tr>
<tr>
<td>Nausea</td>
<td>B complex, 5-HTP, L-tryptophan</td>
</tr>
<tr>
<td>Burping</td>
<td>fish oil (take the enzyme lipase to aid your fat digestion)</td>
</tr>
<tr>
<td>Light sensitivity</td>
<td>Saint-John’s-wort</td>
</tr>
<tr>
<td>Sunburn</td>
<td>Saint-John’s-wort</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>licorice, tyrosine, D- or L-phenylalanine</td>
</tr>
<tr>
<td>Jitteriness, insomnia</td>
<td>L-phenylalanine, L-tyrosine, licorice, thyroid or adrenal supplements, fish oil, B vitamins, chromium (rare)</td>
</tr>
<tr>
<td>Acne, oily skin</td>
<td>DHEA</td>
</tr>
<tr>
<td>Low blood pressure</td>
<td>GABA, niacin</td>
</tr>
<tr>
<td>Tiredness</td>
<td>5-HTP, L-tryptophan, GABA, inositol</td>
</tr>
</tbody>
</table>
# Nutritional Rehab Questionnaire

## Type I: Addicted to Antidepressants?

### Which of the following low serotonin symptoms do you use addictive substances to relieve?

- negativety, depression with dark thoughts
- worried, anxious, shy
- low self-esteem
- obsessive thoughts
- obsessive behaviors
- SAD (fall/winter depression)
- PMS moodiness
- irritable, impatient, angry
- panic/anxiety attacks; PTSD
- phobias
- hate hot weather
- night owl
- insomnia
- find relief from the above symptoms in exercise
- fibromyalgia, TMJ
- have or have had suicidal thoughts and/or plans

### Which substances make those symptoms go away?

- sweets
- starches
- fatty foods (chips, milk, eggs)
- chocolate
- alcohol
- marijuana
- tobacco
- Ecstasy
- other _________

### Nutrients that can help:

- 5-HTP
- L-tryptophan
- Saint-John’s-wort
- melatonin

continued
### TYPE 2. ADDICTED TO STIMULANTS?

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Substances</th>
<th>Nutrients that can help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low catecholamine</td>
<td>Depression: flat,</td>
<td>Sugar</td>
</tr>
<tr>
<td></td>
<td>bored, &quot;blah&quot; kind</td>
<td>Chocolate</td>
</tr>
<tr>
<td></td>
<td>Lack of physical</td>
<td>Caffeine</td>
</tr>
<tr>
<td></td>
<td>or mental energy</td>
<td>Aspartame (NutraSweet)</td>
</tr>
<tr>
<td></td>
<td>Lack of drive,</td>
<td>Alcohol</td>
</tr>
<tr>
<td></td>
<td>enthusiasm</td>
<td>Cocaine</td>
</tr>
<tr>
<td></td>
<td>Difficulty focusing</td>
<td>Other uppers</td>
</tr>
<tr>
<td></td>
<td>Concentrating</td>
<td>Marijuana</td>
</tr>
<tr>
<td></td>
<td>Need a lot of sleep</td>
<td>Tobacco</td>
</tr>
<tr>
<td></td>
<td>Slow to wake up</td>
<td>Opiates (e.g. heroin)</td>
</tr>
<tr>
<td></td>
<td>Easily chilled,</td>
<td>Other __________</td>
</tr>
<tr>
<td></td>
<td>Cold hands or feet</td>
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<tr>
<td></td>
<td>Tend to put on</td>
<td></td>
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<tr>
<td></td>
<td>Weight too easily</td>
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</tbody>
</table>

*continued*
### Type 3. Addicted to Tranquilizers?

Which of the following low GABA symptoms do you use addictive substances to relieve? Which substances make those symptoms go away? Nutrients that can help:

- Driven, overworked, pressured, too many deadlines
- Have trouble relaxing or loosening up
- Tend to be stiff, uptight, tense
- Easily upset or frustrated, snappy
- Easily overwhelmed, just can’t get it all done
- Weak, shaky at times
- Sensitive to bright light, noise, odors
- Use smoking, drinking, eating, or drugs to relax, calm down
- Worse if you skip meals or go too long without eating

- Sweets
- Starches
- Alcohol
- Tobacco
- Marijuana
- Valium or other tranquilizers
- Painkillers
- Other ________

- GABA
- Taurine
- Glycine
- Glutamine
- Chromium
- Adrenal support
**TYPE 4. ADDICTED TO PAINKILLERS?**

Which of the following low endorphin symptoms do you use addictive substances to relieve?  
Which substances make those symptoms go away?  
Nutrients that can help:

- very sensitive to emotional and sometimes physical pain  
- tear up or cry easily (e.g., in movies or during commercials)  
- avoid dealing with painful issues  
- find it hard to get over losses or get through grieving  
- crave pleasure, comfort, reward, enjoyment, or numbing

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Substances</th>
<th>Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low endorphin</td>
<td>Sweets</td>
<td>DL-phenylalanine (DLPA)</td>
</tr>
<tr>
<td>Low endorphin</td>
<td>Starches</td>
<td>D-phenylalanine (DPA)</td>
</tr>
<tr>
<td>Low endorphin</td>
<td>Chocolate</td>
<td>B vitamins</td>
</tr>
<tr>
<td>Low endorphin</td>
<td>Alcohol or tobacco</td>
<td>vitamin C</td>
</tr>
<tr>
<td>Low endorphin</td>
<td>Heroin</td>
<td>magnesium</td>
</tr>
<tr>
<td>Low endorphin</td>
<td>Marijuana</td>
<td>5-HTP</td>
</tr>
<tr>
<td>Low endorphin</td>
<td>Other</td>
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The Detox Box

Here is a list of natural strategies you can use at home to help you through the discomforts of early withdrawal from opiates and benzodiazepines (and alcohol, if needed). Do not go through a potentially dangerous detox without medical backup and reliable people in the house with you.

Two baths per day for three to four days, then once a day, until detox discomfort is over.

1. Epsom salts (4 cups per bath).
2. Digestive enzymes (open 4 capsules of digestive enzymes, or 2 enzyme teabags into hot bathwater).
3. 3 droppers of kava extract if you feel agitated.
4. 2 bags of Detox Tea by Traditional Medicinals.

Baths are not only soothing, they help your skin detox along with your liver and reduce the overacidity of your body, which causes much of the distress in detox. Scrub well under a shower afterward.

Take Alka-Seltzer Gold to further alkalinize (deacidify) your system.

If you have, or can find, a holistic doctor who is set up to administer IV drips, ask for daily infusions of vitamins and minerals your first week of detox with 30–80 grams vitamin C, an amino acid blend (e.g., Freeamine 3), and a glutathione push. For tranquilizer detox add taurine (50 mg/ml). Otherwise take vitamin C, 1,000 mg per hour, powder or capsules, to bowel tolerance (until your bowels become loose).

GABA 500 mg capsules (1–2 at a time) as needed, up to four times a day, specifically to help with early detox symptoms (anxiety, cramping, and insomnia). *Watch for blood pressure drops if you get too much GABA.*

Noni juice (medicinal juice from a tropical fruit)—2 tablespoons (it’s nasty tasting), then 1 tablespoon every four hours until detox is over.

Daily massage.

Ear acupuncture: raises endorphin levels and reduces some of the early, and lots of the later, detox discomfort.
Your Stimulant Recovery Protocol

The key: 1,000–2,000 mg L-tyrosine, three times per day, between meals, starting the minute you wake up.

Some people do better with a combination of 500–1,000 mg L-tyrosine and 500–1,000 mg L-phenylalanine. (Try True Energy by NOW for a combination formula.) See what works best for you. You’ll also want to increase your energizing omega-3 fish oil supplement dose by at least 1 capsule with each meal beyond the basic dose. Last, add SAM-e, a brain chemical that is often depleted in stimulant addicts.

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<tbody>
<tr>
<td>L-tyrosine 500 mg</td>
<td>2–4</td>
<td>2–4</td>
<td>2–4</td>
<td>2–4</td>
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<tr>
<td>or L-phenylalanine 400–500 mg</td>
<td>2–4</td>
<td>2–4</td>
<td>2–4</td>
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<tr>
<td>or combine the above</td>
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<tr>
<td>Omega-3 fish oil 300 mg DHA/EPA (1–2 in addition to your basic dose)</td>
<td>3–4</td>
<td>3–4</td>
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<tr>
<td>SAM-e 200 mg</td>
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<td>4</td>
<td>4</td>
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<tr>
<td>Milk thistle 300 mg</td>
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<td>1</td>
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</table>
**Escaping Painkillers**

I advise the following supplements and guidelines for recovering from all types of painkiller addiction:

1,000 mg vitamin C ascorbate powder (e.g. Nutricology) taken to bowel tolerance* (for the worst days in week one only)

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<th>AM</th>
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<tr>
<td>GABA 500 mg</td>
<td>2</td>
<td>2</td>
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<td>(week one only)</td>
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<th>AM</th>
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<tbody>
<tr>
<td>DLPA 500 mg</td>
<td>4</td>
<td>4</td>
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<th>AM</th>
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<tbody>
<tr>
<td>If DLPA makes you at all tense or jittery, substitute D-phenylalanine 500 mg</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>1</td>
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<th>AM</th>
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<tbody>
<tr>
<td>5-HTP 50 mg</td>
<td>1–2</td>
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<td>2–3</td>
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<th>AM</th>
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<tbody>
<tr>
<td>Freeform amino acid blend 700–800 mg</td>
<td>3</td>
<td>3</td>
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</table>

Test adrenal function (see the “Adrenal Tool Kit”). If it is low, begin ear acupuncture before detox, to prevent more severe and prolonged withdrawal reactions.

*Bowel tolerance means start with 5 grams every hour until you get diarrhea.
The Downer (Tranquilizer) Protocol

- Consult a physician regarding the safety of detox and a planned taper, if needed.

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<th>AM</th>
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- True Calm by NOW, or Amino Relaxers by Country Life (GABA combined with L-taurine and L-glycine)

- Add GABA 500 mg, as needed (e.g., at bedtime for sleep)

- If sleep is still a problem, try 50 mg 5-HTP and/or melatonin 3 mg, at bedtime

- Milk thistle 300 mg

*AM= on arising; B= with breakfast; MM= midmorning; L= with lunch; MA= midafternoon; D= with dinner; BT= at bedtime.
### The Upper (Stimulant) Protocol

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<tr>
<td>L-tyrosine</td>
<td>2–4</td>
<td>2–4</td>
<td>2–4</td>
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<td>500 mg</td>
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<tr>
<td>L-phenylalanine</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>2–4</td>
<td>2–4</td>
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<tr>
<td>400–500 mg</td>
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<tr>
<td>Or a combination of L-tyrosine and L-phenylalanine†</td>
<td>2–4</td>
<td>2–4</td>
<td>2–4</td>
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<tr>
<td>Milk thistle</td>
<td>1</td>
<td>1</td>
<td>300 mg</td>
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<td></td>
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<tr>
<td>Omega-3 fish oil</td>
<td>3</td>
<td>3</td>
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<tr>
<td>500 mg DHA/EPA</td>
<td>1 per meal in addition to your basic dose</td>
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<tr>
<td>SAM-e 200 mg, if above doesn’t relieve depression</td>
<td>4</td>
<td>4</td>
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</tbody>
</table>

*AM= on arising; B= with breakfast; MM= midmorning; L= with lunch; MA= midafternoon; D= with dinner; BT= at bedtime.

†e.g. True Focus by NOW
The Painkiller Protocol

Detox: See the “Detox Box”

- Extra vitamin C week one only. Take more than your basic dose of vitamin C as per the “Detox Box.”
- GABA, 500 mg in week one, take as per the “Detox Box,” then as needed

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</thead>
<tbody>
<tr>
<td>DLPA (DL-phenylalanine) 500 mg</td>
<td></td>
<td>4</td>
<td>4</td>
<td>4</td>
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<tr>
<td>DLPA makes you tense or jittery, use DPA (D-phenylalanine) 500 mg (Order hard-to-find DPA at 800-733-9293)</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
<td>1–2</td>
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<tr>
<td>5-HP 50 mg</td>
<td>1–2†</td>
<td>1–2†</td>
<td>2†</td>
<td>2–3†</td>
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<td></td>
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<tr>
<td>B complex 50 mg</td>
<td>1†</td>
<td>1†</td>
<td>1†</td>
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<tr>
<td>Milk thistle 300 mg</td>
<td>1</td>
<td></td>
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<tr>
<td>Freeform amino acid blend 700–800 mg</td>
<td>3</td>
<td>3</td>
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<tr>
<td>Ear acupuncture for as long as needed</td>
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*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=at bedtime.
†For the first week only.
The Alcohol Protocol

Consult a detox specialist (M.D. or otherwise) regarding detox safety before you stop drinking, especially if you have ever had seizures when stopping in the past.

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<tbody>
<tr>
<td>Glutamine 500 mg</td>
<td>2–3</td>
<td>2–3</td>
<td>2–3</td>
<td>2–3</td>
<td>2–3</td>
<td></td>
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<tr>
<td>Chromium 200 mcg</td>
<td>1</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Omega-3 fish oil 500 mg DHA/EPA (cut back if sleep is affected)</td>
<td>2–3</td>
<td>2–3</td>
<td>2–3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk thistle 300 mg</td>
<td>1</td>
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<td></td>
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<tr>
<td>Zinc 50 mg</td>
<td>1</td>
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<tr>
<td>SAM-e, if above doesn’t relieve depression</td>
<td>800</td>
<td>800</td>
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</table>

*AM= on arising; B= with breakfast; MM= midmorning; L= with lunch; MA= midafternoon; D= with dinner; BT= at bedtime.
†Not needed if your basic multi is NOW True Balance.
Resource Tool Kit

Finding Practitioners, Testing, Supplements, Special Foods, Products, and Services

To make your Mood Cure easier to achieve and to help you go beyond the information it presents, I’ve included the following categories of resource information in this tool kit:

Finding Practitioners

Testing Labs

Compounding Pharmacies

Supplements

Therapeutic Lamps

Foods and Sources

Suggested Reading

Pyroluria Protocol
FINDING PRACTITIONERS

Medical Help

Look for holistically oriented M.D.’s, D.O.’s (osteopathic physicians who have an M.D. equivalent plus special skills adjusting the body), nurse practitioners, and physician’s assistants (both have M.D. privileges). In states like Washington and Oregon, N.D.’s (naturopathic physicians) also have full medical privileges, and they are in the process of gaining them in many other states. Holistically oriented physicians have a wide variety of approaches to medicine. They may or may not wish to cooperate with the Mood Cure suggestions. Interview carefully to make sure that the practitioner you are considering is familiar with the thyroid testing or other medical help you’re looking for. In addition to the following referral organizations, the Yellow Pages (paper or on-line) under “Physician,” “Nutrition,” or “Holistic” will often yield clues. Another good source of leads is your local health store personnel.

Broda O. Barnes Research Foundation, Inc.:
203-261-2101; www.brodabarnes.org. Through this organization you can find my favorite list of physicians who understand the holistic approach to thyroid treatment, have some understanding of adrenal issues, and are generally sympathetic to all the strategies described in The Mood Cure. You may purchase ($15) a packet of educational materials, including a list of physician referrals in your state. (As with all the referral lists, you’ll find this list has holes.)

American College for Advancement in Medicine (ACAM):
949-583-7666 or 800-532-3688; www.acam.com/doctorsearch.php. An organization for educating physicians about complementary and alternative medicine. Referrals can be searched on Web site.

American Holistic Medical Association (AHMA):
703-556-9728; www.holisticmedicine.org. For a directory of member holistic M.D.’s and D.O.’s, send $10 to 6728 Old McLean Village Drive, McLean, VA 22101-3906.
The Journal of Orthomolecular Medicine:
416-733-2117; www.orthomed.org/jom/jom.htm. The journal will send an information package and provide a list of physicians in the United States and Canada who use natural methods to address mood problems.

The American Association of Naturopathic Physicians (AANP):
877-969-2267; www.naturopathic.org (searchable database of N.D.’s). These holistic health pioneers are usually familiar with many of the strategies proposed in The Mood Cure. They should have four years of specialized education following three years of premed. The states that license N.D.’s (as of October 2001) are Hawaii, Alaska, Washington, Oregon, Utah, Montana, Arizona, Connecticut, New Hampshire, Vermont, and Maine.

Check with the labs and compounding pharmacies listed below; they will refer you to physicians who use their services. The pharmacies will refer you to M.D.’s and D.O.’s, while the labs will also suggest N.D.’s (naturopaths), D.C.’s (chiropractors), acupuncturists, and nutritionists.

Acupuncturists

These doctors of Chinese or Japanese medicine cannot prescribe medicine, but they may use saliva testing, and they certainly use needles and often herbs and supplements to balance adrenal and sex hormones and help many other problems. Check the Yellow Pages and look for an experienced practitioner (more than ten years) with some training in China, if possible.

National Acupuncture and Oriental Medicine Alliance:
Holistic Nutritionists*

Avoid nutritionists who rely on fasting or vegetarian diets. Look for someone who is familiar with the use of amino acids.

American Health Science University: 800-530-8079 (press 0); www.ahsu.edu.


*As distinct from registered dietitians, who are not well versed in the holistic approaches.

Practitioners of All Kinds Who Use Nutrients for Mood Problems


Well Mind Association, Seattle, WA: 206-547-6167. They will refer you to holistic or orthomolecular doctors.

Holistic Clinics That Treat Mood Problems


This is my clinic, which provides extensive assessment, including saliva and other testing, individualized nutritional therapy, and holistic medical consultation to address the false moods listed in the questionnaire in chapter 2. Energy and sleep problems, overeating and weight problems, drug and alcohol addictions, are also treated. The program is twelve weeks minimum. The initial four-hour work-up must be done in person, but follow-up consultations may be done by phone. Call for information and to schedule a telephone intake interview.


Dr. Joan Mathews-Larson’s six-week intensive outpatient center (nearby housing available) began as a treatment program for the biochemical rebalancing of alcoholics, based on her wonderful book *7 Weeks to Sobriety*. Since publication of her second book, *Depression Free Naturally*, the clinic has expanded its services to address a wide range of mood problems such as depression, anxiety, pyroluria, and schizophrenia. The program includes testing, holistic medical care (including intravenous nutrient drips), and nutritional “restoration,” as well as counseling and education, as needed. Call this number for clinics in Colorado, Texas, Connecticut, and elsewhere that are associated with Dr. Larson’s clinic.

**The Pfeiffer Treatment Center**, Health Research Institute, Naperville, IL (near Chicago): 630-505-0300; www.hriptc.org.

Twice a year, their staff also sees patients in Bloomington, MN; Annapolis, MD; Phoenix, AZ; and Santa Clarita, CA. Follow-up can be done by phone. Specializes in behavior dysfunctions, depression, anxiety, ADD, ADHD, autism, learning disorders, mild OCD, anger and violence, bipolar disorders, and schizophrenia. The best results I have seen seem to be with children. Comprehensive testing and nutritional treatment. After initial work-up, contact is infrequent unless you insist on more contact (which I recommend). Sex-hormone-balancing program based on saliva testing.
Psychiatric Clinics That Use Some Nutrients

The Amen Clinics, Newport Beach (949-266-3700) and Fairfield (707-429-7181), CA; www.amenclinic.com.

Daniel Amen, M.D., author of *Change Your Brain, Change Your Life*; *Healing ADD*; and *Healing the Hardware of the Soul* treats ADD, ADHD, Tourette’s syndrome, brain injury, and other brain-based mood disorders, using interviews and SPECT brain imaging. His staff uses some amino acids, usually in combination with medication. Let them know you want to see someone who can include nutrients in your treatment plan.


Dr. Eric Braverman, M.D., coauthor of *The Healing Nutrients Within*, is director of this outpatient clinic. His staff uses medications, nutrients (including IV nutrients), and other techniques to treat a wide variety of mood problems. (Insist on trying the nutrients first.)
TESTING LABS

The following labs can provide helpful testing, referrals to practitioners in your area who use their testing, consultation services, and treatment information for practitioners. (Have your local zip codes ready.) Some of these labs will work with a wide variety of practitioners, including nutritionists, acupuncturists, chiropractors, and naturopathic doctors. Some will accept test orders directly from you (that is, from nonprofessionals).

Caution re urinary transmitter testing: we have found it to be unreliable.

This lab provides reliable adrenal and sex hormone salivary and other testing, plus education and consultation for health professionals, and holistic treatment recommendations (and products) based on specific test results. Can provide some practitioner referrals in your local area. Only practitioners can order tests.

Diagnos-Techs, Inc.: United States (800-878-3787) and United Kingdom (179-246-4911); www.diagnostechs.com.
Reliable salivary, adrenal, and thyroid testing, plus written interpretation of results and treatment recommendations for professionals (no M.D. required). As the pioneer in saliva testing, they can provide extensive referrals to practitioners in your area. Only practitioners can order testing.

Vitamin Diagnostics: 732-583-7773.
Blood platelet testing for serotonin, and the catecholemines (blood platelet testing corresponds well to symptoms and to cerebro-spinal fluid testing), high-accuracy urine testing for thyroid and pyroluria, as well as whole blood testing for low and high histamine levels.

Women’s health specialists. Ask for the Restore Department. You can order your own saliva testing here or your practitioner can order it. They will consult with you directly or with your physician about testing and provide natural hormones by prescription, designed according to your specific test results. If you’d like, they will refer you to holistic doctors in your area.
Great Smokies Diagnostic Laboratory: 888-891-3061; www.gsdl.com.

A wide variety of testing, including good stool testing for yeast and bacteria. Referrals to holistic doctors in your area made by phone.

You can order some tests for yourself (e.g., salivary adrenal testing, but not stool testing, hair analysis, or twenty-eight-day saliva tests for sex hormones). Ask for Body Balance.

For practitioner orders, call 800-522-4762, where all tests are available.

Testing for Vitamin D Levels


Allergy Testing

There are a few testing methods that we use when allergy symptoms persist even after the most common allergens have been tested by elimination and challenge. None are perfect.

ALCAT. This blood test seems to give somewhat more accurate results than other allergy blood tests. Contact AMTL (American Medical Testing Laboratories): 800-881-AMTL; www.alcat.com.

Great Smokies Diagnostic Laboratory: Comprehensive antibody assessment (blood test) shows fairly good accuracy. (See contact info above.)

Applied kinesiology. A muscle test developed by chiropractors, this test can determine if your muscle strength declines when you are exposed to certain foods. Many kinds of holistic practitioners can test you this way.

Urine Test for Pyroluria

Vitamin Diagnostics: 732-583-7773.

Do not collect a sample until you’ve been off any B vitamins or zinc supplements for one week.
COMPOUNDING PHARMACIES

These holistic pharmacies provide natural hormones and other medicines tailored to your needs and can advise on their use as well as provide suggestions for doctors in your area.

Madison Pharmacy Associates: 800-558-7046; www.womenshealth.com. Women’s health specialists who work closely with (and sell) saliva tests. (See “Testing Labs” for more info.)

Women’s International Pharmacy: 800-279-5708.


SUPPLEMENTS

Sources for Most Supplements Mentioned in *The Mood Cure*

- Your local health store and many drugstores.
- Vitamin Express order line: 800-500-0733; www.vitaminexpress.com.

Yeast or Parasite Elimination Supplements

- Call our order line for the tests and supplements used at my clinic: 800-733-9293 or consult an experienced alternative health practitioner.
- Always retest after your elimination program is complete.

Zinc Status by Ethical Nutrients

- Available through most health food stores or order lines. (Zinc Tally by Metagenics, the same supplement by a different name, may be ordered from our order line or from any private practitioners who carry supplements.)
Vitamin D from Fish Oil Source

- Solgar or Carlson Labs, 1,000 IU (the one you want has a small amount of vitamin A listed on back of the label but is not an A and D supplement).
- Nordic Naturals are notably pure and potent.

Omega-3 Fish Oil

Sources should be molecularly distilled!

- Carlson’s Super DHA has 700mg DHA/EPA per cap.
- Trader Joe’s Fish Oil has 500 DHA/EPA per cap (www.traderjoes.com).
- Best buy is at Costco: Kirkland Fish Oil (300 mg DHA/EPA per cap). Order on-line at www.costco.com.

Herbs for Menopausal Symptoms

- Change-O-Life by Nature’s Way or other herbal formulas that emphasize black cohosh, for relief of hot flashes and the like.

L-Tryptophan

THERAPEUTIC LAMPS

You can buy full-spectrum lamps in a variety of desk or floor models, or you can buy bulbs to replace those in your current fixtures from one of the following outlets or your local hardware or health store. ParaLite, Verilux Happy Eyes, and Ott-Lite are just a few of the brand names in full-spectrum lighting. You can also make your own therapeutic light using two or three full-spectrum bulbs (at least 100-watt equivalent each).

Note: Bright lights can trigger irritable or manic moods. If major mood swings or bipolar moods are a problem, avoid 10,000 lux lamps and monitor your reactions.

Has a collection of lamps; its experts can discuss their various merits with you. Our favorite is the “Combo Box” by American Environmental. It’s full spectrum and 3,000–13,000 lux.

Sells a variety of Verilux Happy Eyes lamps. Use your search engine to look for sources for full-spectrum light.
FOODS AND SOURCES

Power Health

Check out www.powerhealth.net/shopping.htm for a great shopping recommendation list, including brand names, presented by Stephen Byrnes, Ph.D., R.N.C.P., in conjunction with the Weston A. Price Foundation, a great source of cutting-edge information on diet and health.

Protein Powder

Be sure that each tablespoon contains 12 or more grams of protein. Egg, whey, or rice powder are best.

Nutribiotics Organic contains 12 grams rice protein per tablespoon (available from your local health food store; for a number of on-line sources, check www.nutribiotic.com/wherebuy.htm).

Jarrow Organic contains 12 grams rice protein per rounded tablespoon (available from your local health food store; for a number of on-line sources, check www.jarrow.com/sales.htm).

Wild Fish, Range-Fed Meat/Poultry

Wild Salmon Seafood Company: 206-283-3366 local; 888-222-FISH toll-free; www.wildsalmonseafood.com. A large variety of fresh, frozen, smoked, and canned seafood. Also use www.vitalchoice.com for wild vs. farmed fish info and products. All salmon is wild. (Fresh salmon season runs from June until the first of October.) Most other fish is wild, if available. Will ship Federal Express overnight.

Sardines in salmon oil—King Oscar brand in yellow box, available at Trader Joe’s, or at any market that carries other King Oscar products; use your search engine to order from a number of on-line sources.
Cornish game hens can be found fresh or frozen in almost any market.

Willie Bird Turkeys (free-range) are shipped two-day air: 707-996-6981; toll-free 877-494-5592; www.williebird.com (warning: most of their smoked products contain nitrates).


Niman Ranch: 520-808-0340; www.nimanranch.com to order on-line free range beef, pork, lamb. Also available in stores.


Find many good resources at www.westonaprice.org.

**DHA Eggs**

Widely available in health stores and some markets, these eggs are high in the omega-3 fats and vitamin E. Call 888-599-4DHA, or go to www.goldcirclefarms.com for information. Safeway carries them in California. Chino Valley Ranchers organic, free-range DHA eggs can be found in health stores.

**Celtic Salt**

Call our clinic’s order line or search on-line.
Goat’s Milk Products

Many stores and supermarkets sell goat’s milk and cheese. Health stores sell wonderful varieties of goat cheese (feta, cheddar, ricotta, etc.) and yogurt.

Myenberg’s: For stores near you, 800-343-1185; www.meyenberg.com. This company sells fresh, tetra-pak, and evaporated canned and powdered goat milk to health stores and supermarkets.

Organic Cow’s Milk Products

Allergic to milk? Try raw milk products to see if your allergy is just to processed milk. Your allergy might be to pasteurized, homogenized milk or to hormones, chlorine, iodine, antibiotics, and other additives that get into conventional milk.

Horizon Organic Products: www.horizonorganic.com to find a store near you that carries their products.


Organic Valley Family of Farms is the largest organic farmers’ cooperative in North America. Go to www.organicvalley.com to find a store near you that carries their products.

Coconut Milk and Oil

Canned and preferably whole fat (first press) and without preservatives.

Thai Kitchen coconut milk is one of the best available in stores; or get it on-line from www.siamese-dream.com or www.thaikitchen.com.

Nonhydrogenated coconut cooking oil can be found in health food stores or on our or other order lines.
Quick Wheat-Free and Gluten-Free Specialties


- Polenta in precooked rolls (Food Merchants Brand organic: www.quinoa.net)—just heat and serve.

- Pasta: We like Tinkyada, Ancient Harvest (corn and quinoa), or Pastariso (rice) spaghetti, fettuccini, macaroni, penne, or angel hair made from rice. Bean-based pastas can also be tasty.

- Garbanzo flour: Higher in protein than grain flours and can be used with rice or other flour to increase protein in baking.

- Garbanzo miso: The others have gluten.

- All-Purpose Flour Blend, Gifts of Nature—tastes and acts like wheat flour. Use for all baking and thickening sauces. Bean flour increases protein.

- Like to use packaged seasoning mixes? These are gluten-free and natural: Mayacamas All Natural Skillet Toss mixes (six varieties that can be mixed with meat, poultry, or seafood, and pasta or rice).
Gluten-Free Food Sources

Some also identify dairy-free, soy-free, and other allergy-free products. Check with your local health food store, too.


Gluten-Free Mall: www.glutenfreemall.com. Twenty-two different gluten-free catalogs, offering over one thousand items, are available from this Web site.

General Food Sources

Farmers Markets: www.ams.usda.gov/farmersmarkets to locate one near you.

Trader Joe’s: www.traderjoes.com. This chain store has many organic, range-fed, and gluten-free products (they provide lists) at reasonable prices. They have agreed to be vigilant about GMO (genetically modified) ingredients. (Avoid the gauntlet of the candy and wine aisles.) You can’t order on-line, but you can find a store near you on their Web site.

Personal Chefs

  “This is where busy, hungry people buy time, convenience, and great, fresh, healthy food for their families.”


- **Personal Chefs Network**: 866-PCN-CHEF (EST) or 877-905-CHEF (CST); www.personalchefsnetwork.com.

- pchefnet.com.
RECOMMENDED READING

The following suggestions focus mostly on mood and nutrition, some on more severe problems than *The Mood Cure* covers.


Abrams, Hoffer, M.D. See all his books, such as *Healing the Mind the Natural Way* (New York: Putnam, 1995).

Pfeiffer, Carl, M.D. *Mental and Elemental Nutrients* (New Canaan, Conn.: Keats, 1975). One of many outstanding books on his pioneering work.


Kalita, Dwight, M.D. *Brain Allergies* (New Canaan, Conn.: Keats, 1987).

Other Information Sources

➤ **Weston A. Price Foundation**: [www.westonaprice.org](http://www.westonaprice.org). Reliable, extensive, and updated information on safe and traditional food.

➤ **Safe Harbor**, Sunland, CA: 818-890-1862; [www.alternativementalhealth.com](http://www.alternativementalhealth.com). A nonprofit devoted to providing information on natural approaches to mental and emotional imbalances. Best contacted through their excellent Web site, which is loaded with articles, resources, and a practitioner directory.


➤ **Well Mind Association**, Seattle, WA: 206-547-6167; [www.speakeasy.org/~wma](http://www.speakeasy.org/~wma). Well Mind Association distributes information, including a newsletter and monthly meetings, on current research and therapies for the physical conditions and treatable biochemical imbalances causing mental, emotional, and behavioral problems.
PYROLURIA PROTOCOL

Testing and Treatment for Pyroluria

This is a relatively unusual condition in the general population (11 percent), but is more common in some groups that tend to have the most stubborn mood problems. For example, approximately 40 percent of alcoholics have pyroluria. If you answer yes to fifteen or more of the following questions, test the level of pyrroles in your urine with a kit ordered from Vitamin Diagnostics, 732-583-7773. Excess pyrroles deplete levels of zinc, vitamin B₆, niacin, pantothenic acid, and manganese. Measure your zinc level using Zinc Tally or Zinc Status (see under “Supplements,” page 68). If this diluted zinc-containing liquid is held in your mouth for ten seconds and has no particular taste, your zinc levels are probably quite low. Our clinic always uses the “tally” with incoming clients, and this is how we discovered pyroluria. Some clients, even after they had been taking zinc supplements (50 mg), could not taste the tally. The questionnaire and urine testing confirmed pyroluria. One pyroluric had her first vivid dreams in twenty years the first night she raised her B₆ and zinc doses. Also consider a hair analysis that will show manganese levels, and a blood test for zinc. I am just getting familiar with this condition, but I can see that it is an important one for certain people, affecting stress levels and mood generally and preventing full response to nutrient therapy until it is addressed. For a more thorough explanation of causes and remedies, I refer you to the information and the nutrient protocol designed by the clinician who alerted me to pyroluria, Joan Mathews-Larson, Ph.D. It is contained in chapter 5 of her excellent book Depression Free Naturally (New York: Ballantine, 2001), as is the following questionnaire.
IDENTIFYING SYMPTOMS OF PYROLURIA

yes  no

When you were young, did you sunburn easily? Do you have fair or pale skin?

Do you have a reduced amount of head hair, eyebrows, or eyelashes, or do you have prematurely gray hair?

Do you have poor dream recall or nightmares?

Are you becoming more of a loner as you age? Do you avoid outside stress because it upsets your emotional balance?

Have you been anxious, fearful, or felt a lot of inner tension since childhood, but mostly hide these feelings from others?

Is it hard to clearly recall past events and people in your life?

Do you have bouts of depression and/or nervous exhaustion?

Do you have cluster headaches?

Are your eyes sensitive to sunlight?

Do you belong to an all-girl family or have look-alike sisters?

Do you get frequent colds or infections or unexplained chills or fevers?

Do you dislike eating protein? Have you ever been a vegetarian?

Did you reach puberty later than normal?
Yes  No

Are there white spots/flecks on your fingernails, or do you have opaquely white or paper-thin nails?

Are you prone to acne, eczema, or psoriasis?

Do you prefer the company of one or two close friends rather than a gathering of friends?

Do you have stretch marks on your skin?

Have you noticed a sweet smell (fruity odor) to your breath or sweat when ill or stressed?

Do you have—or did you have, before braces—crowded upper front teeth?

Do you prefer not to eat breakfast or even experience light nausea in the morning?

Does your face sometimes look swollen while under a lot of stress?

Do you have a poor appetite or a poor sense of smell or taste?

Do you have any upper abdominal, splenic pain? As a child, did you get a “stitch” in your side when you ran?

Do you tend to focus internally (on yourself) rather than on the external world?

Do you frequently experience fatigue?

Do you feel uncomfortable with strangers?

Do your knees crack or ache?

Do you overreact to tranquilizers, barbiturates, alcohol, or other drugs—that is, does a little produce a powerful response?
This questionnaire was originally developed by author, researcher, and clinician Carl Pfeiffer, Ph.D., an inspired pioneer in the field of biochemistry, mood, and nutrition.
FOOD CRAVING QUESTIONNAIRE

1. Is depleted brain chemistry the source of your cravings?

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 _______** Is your score over 10?

If you crave sweets or starches to stop particular bad moods, the four amino acids that I discussed in chapters 2 through 5 will usually stop your cravings just as quickly as they take care of your moods.

- **5-HTP** (or *tryptophan*) if you eat to eliminate the low-serotonin dark cloud symptoms: try 50–150 mg 5-HTP, afternoon and at bedtime
- **Tyrosine** if you are a blah type who uses food for relief from low-energy depression and poor concentration: try 500–1,000 mg on arising and in midmorning.
- **GABA** if you eat to calm our stressed-out feelings: try 100–500 mg as needed. Listen to the “Adrenal Tool Kit” chapter if GABA is not enough.
- **DLPA** if you eat to soothe oversensitive feelings and eliminate comfort-food cravings: try 500–1,000 mg on arising and in mid-morning.
2. Are you craving because of low-calorie dieting?

4 Increased cravings for and focus on food after dieting
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 Think constantly about weight
2 Use aspartame (NutraSweet) daily
2 Take Prozac or similar serotonin-boosting drugs
3 Have decreased self-esteem
4 Have become bulimic, anorectic, or overexerciser

Total Score ________ Is your score over 12?

You probably have dieter’s malnutrition, which, oddly enough, speeds up cravings, overeating, and unneeded weight gain. Be brave, quit starving yourself, and follow the good-mood eating recommendations in chapter 9. Also take the basic supplements. Get The Diet Cure and read its chapters 2 and 10. If you’re a chronic dieter, this information will explain why dieting is so counterproductive.
3. Are your cravings due to stress or blood sugar instability?

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, mood swings
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

Total Score ______ Is your score over 12?

If blood sugar swings cause your carb cravings, try the following nutrients:

- **L-glutamine** 500–1,500 mg on awakening, in midmorning, and in mid-afternoon.
- **Chromium** 200 mg with breakfast, lunch, dinner, and at bedtime.

Reduce carbs. Emphasize protein, vegetables, and fat. Listen to the “Adrenal Tool Kit” chapter.
4. 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 ______ Is your score over 15?

Listen to the “Thyroid Tool Kit” for directions on how to test for and treat a thyroid problem if you eat for an energy boost that tyrosine doesn’t provide.
5. Are you addicted to foods you are actually allergic to?

3 Crave milk, ice cream, yogurt, cheese, or doughy foods (pasta, bread, cookies, among other) 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 _______ Is your score over 12?

If you’re addicted to grains or dairy products, listen to chapter 7 for a simple home test for suspect foods. Then eliminate any foods that fail the test, and leave your cravings (and other allergy symptoms) behind.
6. 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 (hot flashes, sweats, insomnia, or mental dullness)
3 Skin eruptions with period

Total Score _______ Is your score over 6?

Sex hormone imbalances can set up intense food cravings. If you have cravings only briefly before your periods, the basic supplements and good-mood foods should take care of your problem. Listen to the “Sex Hormone Tool Kit” chapter for how to test for and treat any more serious imbalances that you may have.
7. Do you have yeast overgrowth or parasites triggered by antibiotics, travel, or pets?

4 Often bloated, abdominal distention
3 Foggy-headed
2 Depressed
4 Yeast infections, itching in the genital or rectal area
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, itching, burping
3 Stool unusual in color, shape, or consistency

**Total Score** ______ Is your score over 9?

If you have a yeast, fungal, or parasitic overgrowth, you’ll need to kill the little monsters. Natural killers like oil of oregano can help. So can certain medicines in brief courses. I suggest that you order both a stool test (see the “Resource Tool Kit”), to specifically identify the type of yeast, fungus, or parasite affecting you, and the specific herbal or pharmaceutical protocols our clinic clients have used successfully to eradicate whichever bugs you turn out to be infested by. Call 800-733-9293, or see our Web site, www.diet.cure.com.
8. Are you fatty-acid deficient?

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 or depression in the family history
*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
*1 Pain on right side under your rib cage
*2 Have lost your gallbladder or had gallstones

Total Score ______ Is your score over 12?

If your basic fish oil supplement dose and the good-mood fats you’ll be eating don’t stop your cravings for starchy foods or other symptoms, try taking extra fish oil capsules.

If you crave fats because your liver or gallbladder is not processing them correctly (if you checked off more than one starred item), try taking the fat-digesting enzyme lipase with meals, along with the herb milk thistle for your liver (300 mg at breakfast and 300 mg at dinner).

If you have no gallbladder, the lecithin in egg yolks should become your best friend to help you break down fats (add them to salad dressings, smoothies, and so on). Try a digestive enzyme that contains ox bile with all meals. Use three soy lecithin capsules with fatty meals that don’t contain egg yolk, if you can tolerate soy.