



## The Serotonin Power Diet

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By Judith J. Wurtman, Nina T. Frusztajer

Rodale Press. Paperback. Book Condition: new. BRAND NEW, The Serotonin Power Diet, Judith J. Wurtman, Nina T. Frusztajer, Putting more than 30 years of groundbreaking research to work, renowned scientist Judith Wurtman, Ph.D, and her partner, Nina T. Frusztajer, MD, present here a clinically proven 12 week programme that uses the power of carbohydrates to: activate the appetite-suppressant function of serotonin and eliminate cravings; regain emotional balance and improve mood; and, lose up to 2 pounds of body fat per week. In addition, for the millions who experience mood swings or using antidepressants and related medications that provoke overeating, "The Serotonin Power Diet" will help them get their bodies - and their energy - back. Easy and economical, with more than 75 delicious recipes "The Serotonin Power Diet" is the natural solution to weight loss and maintenance for those who thought their cravings could never be satisfied.



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