



The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain

By Judith Wurtman, Nina T. Frusztajer

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Putting more than 30 years of groundbreaking research to work, renowned scientist Judith Wurtman, PhD, and her colleague, Nina T. Frusztajer, MD, present a clinically proven 12-week program that uses the power of carbohydrates to help you to:

- Activate the appetite-suppressant function of serotonin to stop weight gain
- Regain control over emotional overeating and cravings
- Lose up to 2 pounds of real weight-not water-per week
- Maintain a healthy lifestyle

The Serotonin Power Diet is the only weight loss plan that will help you lose weight while being treated with the antidepressants and related medications that provoke overeating.

Easy and economical, with more than 75 delicious recipes, *The Serotonin Power Diet* is the natural solution to weight loss and maintenance for everyone who has ever thought their cravings could never be satisfied.

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Editorial Review

About the Author

Judith J. Wurtman, PhD, discovered the connection between carbohydrate craving, serotonin, and emotional well-being in her MIT clinical studies. Founder of a Harvard University hospital weight-loss facility and cofounder of Adara Weight Management Center, she has written five books, including *The Serotonin Solution*, and more than 40 peer-reviewed articles for professional publications. She lives in Miami Beach, Florida.

Nina T. Frusztajer, MD, cofounder of Adara Weight Management Services, is a practicing physician and certified professional life coach. She received her Masters degree in Nutrition from Columbia University and her medical degree from George Washington University. She lives in Boston, MA.

Users Review

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Here thing why that The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain are different and trusted to be yours. First of all reading a book is good but it really depends in the content than it which is the content is as delicious as food or not. The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain giving you information deeper including different ways, you can find any publication out there but there is no e-book that similar with The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain. It gives you thrill reading journey, its open up your personal eyes about the thing that happened in the world which is maybe can be happened around you. You can easily bring everywhere like in playground, café, or even in your method home by train. Should you be having difficulties in bringing the published book maybe the form of The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain in e-book can be your alternate.

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