



**Secrets of Serotonin, Revised Edition: The Natural
Hormone That Curbs Food and Alcohol Cravings,
Reduces Pain, and Elevates Your Mood (Lynn
Sonberg Books)**

Carol Hart

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DRAMATICALLY IMPROVE YOUR MOOD, ENERGY LEVELS, AND MORE!

Serotonin has a powerful effect on the brain: enough and you feel great; too little and you may binge on food and alcohol, get a migraine, suffer from insomnia, or become depressed. In fact, millions of people take prescription antidepressants every day to compensate for their low serotonin levels, without knowing that changes in diet and lifestyle may be all they need to improve their mood.

This revised and updated edition features the latest research on serotonin, including:

- *The link between yo-yo dieting and serotonin deficiencies
- *How serotonin is connected to eating disorders
- *Why migraines and depression are far more common among women than men
- *Serotonin's role in relieving irritable bowel syndrome, fibromyalgia, and other chronic pain conditions

The complete eating and activity program in *Secrets of Serotonin* will guide you toward relatively simple changes in your eating and sleep habits, bright light exposure, and activity level that will boost serotonin naturally and have an enormous benefit for your overall health and well-being.

CAROL HART, PH.D., is a respected biomedical writer, editor, and researcher. She is the author of *Good Food Tastes Good: An Argument for Trusting Your Senses and Ignoring the Nutritionists* and co-author of *Traditional Chinese Medicine: The A-Z Guide to Natural Healing from the Orient*. She lives in Pennsylvania.

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Karen Horton:

Now a day people who Living in the era everywhere everything reachable by talk with the internet and the resources inside it can be true or not need people to be aware of each data they get. How individuals to be smart in receiving any information nowadays? Of course the reply is reading a book. Reading a book can help folks out of this uncertainty Information especially this Secrets of Serotonin, Revised Edition: The Natural Hormone That Curbs Food and Alcohol Cravings, Reduces Pain, and Elevates Your Mood (Lynn Sonberg Books) book since this book offers you rich data and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it everybody knows.

Kevin Williams:

People live in this new morning of lifestyle always try to and must have the time or they will get great deal of stress from both day to day life and work. So , once we ask do people have time, we will say absolutely yes. People is human not a robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is Secrets of Serotonin, Revised Edition: The Natural Hormone That Curbs Food and Alcohol Cravings, Reduces Pain, and Elevates Your Mood (Lynn Sonberg Books).

Rosario Jones:

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Suzanne Palmer:

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