



## 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.

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Hey guys, do you really wants to finds a new book to see? May be the book with the title The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain suitable to you? The book was written by well known writer in this era. The particular book untitled The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain is the main of several books which everyone read now. This kind of book was inspired many men and women in the world. When you read this e-book you will enter the new age that you ever know prior to. The author explained their idea in the simple way, and so all of people can easily to be aware of the core of this reserve. This book will give you a great deal of information about this world now. To help you see the represented of the world within this book.

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**Debra Brunette:**

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