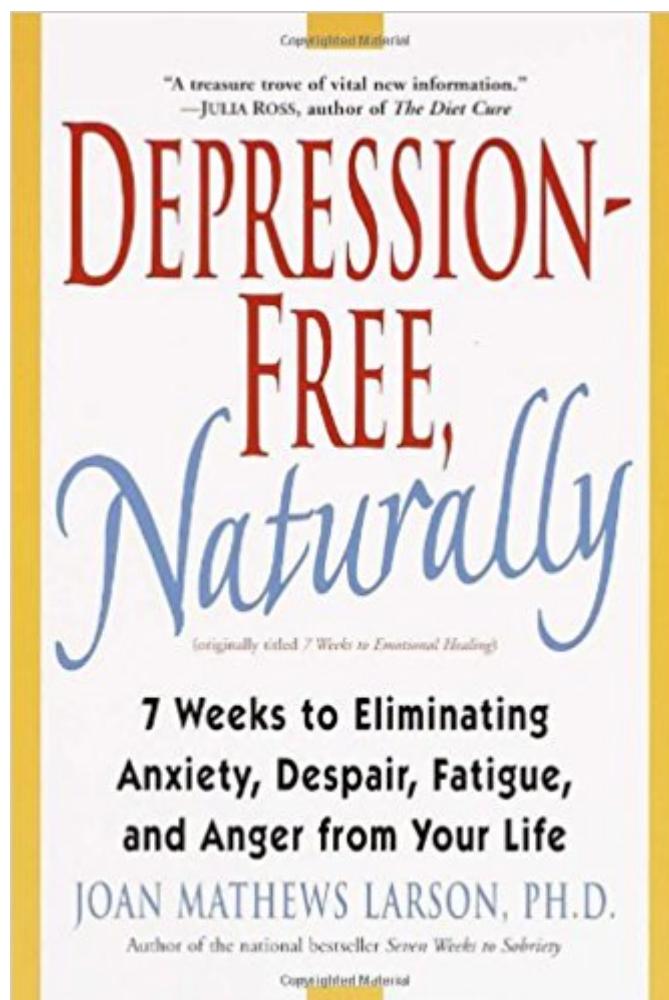


The book was found

Depression-Free, Naturally: 7 Weeks To Eliminating Anxiety, Despair, Fatigue, And Anger From Your Life



Synopsis

In this groundbreaking book, nutritionist Joan Mathews Larson, Ph.D., founder of Minnesota's esteemed Health Recovery Center, offers her revolutionary formulas for healing your emotions--biochemically. Through proven all-natural formulas, *Seven Weeks to Emotional Healing* will help you find the emotional well-being you've been missing your entire life. Inside you'll discover how to - Screen yourself for emotional and behavioral symptoms- Recognize the mental and physical clues that indicate biochemical imbalances- Heal your depression and anxiety with the right vitamins and minerals- Stabilize your mood swings and protect your well-being with essential fatty acids- Choose the right foods for optimal mental fitness- Rejuvenate your body with key natural hormonesSafe, fast, more long-lasting and cheaper than prescription drugs or psychotherapy, *Seven Weeks to Emotional Healing* will help you find balance and well-being.

Book Information

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Customer Reviews

Dr Mathews-Larsen has provided the world with a PRECIOUS GIFT in documenting her protocols in a book that anyone can access. This book SAVED my life, so of course there is no stronger recommendation possible. It's easy to read and follow. She explains how prescription drugs do more harm than good and were actually designed to mimic the action of nutrients! After more than a decade of career crashing, debilitating chronic fatigue, Dr Larsen's simple, safe nutrient protocols healed my poor sleep, normalized my moods, eliminated my anxiety, stabilized my blood sugar, gave me physical ENERGY & mental FOCUS and also many side bonuses like improving my eyesight and eliminating water retention. (Amino acids are MIRACULOUS!) She provides very

RARE information about various nutritional deficiencies that cause depression, anxiety, and addictions, pointing to easy physical CURES for illnesses that seemed intractable. This book is amazingly complete & thorough yet also concise. This is a PRACTICAL book on how to get better, not a book of theory. I love how she provides symptom checklists but also tells you where you can get lab testing done, too. I didn't use Dr Larsen's supplements, since I found them cheaper on iherb.com, which has the KRAZY-great prices on supplements! I recommend Anabol Naturals for the aminos (the blend is 99% the same as Dr Larsen's & is pharmaceutical grade.) Dr Larsen's book provides enough information to heal yourself. However, in case you have pyroluria, I'd like to provide a few extra tips based on my experience. Because pyroluria causes zinc deficiency, you will automatically have copper toxicity. So you must realize that you will definitely go thru an uncomfortable healing crisis at some point as you detoxify excess copper.

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