



# **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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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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In this 21st hundred years, people become competitive in every way. By being competitive today, people have do something to make all of them survives, being in the middle of the actual crowded place and notice through surrounding. One thing that often many people have underestimated that for a while is reading. Yeah, by reading a guide your ability to survive increase then having chance to endure than other is high. For yourself who want to start reading the book, we give you this specific Secrets of Serotonin, Revised Edition: The Natural Hormone That Curbs Food and Alcohol Cravings, Reduces Pain, and Elevates Your Mood (Lynn Sonberg Books) book as beginner and daily reading guide. Why, because this book is more than just a book.

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This Secrets of Serotonin, Revised Edition: The Natural Hormone That Curbs Food and Alcohol Cravings, Reduces Pain, and Elevates Your Mood (Lynn Sonberg Books) are usually reliable for you who want to become a successful person, why. The reason why of this Secrets of Serotonin, Revised Edition: The Natural Hormone That Curbs Food and Alcohol Cravings, Reduces Pain, and Elevates Your Mood (Lynn Sonberg Books) can be one of several great books you must have is definitely giving you more than just simple reading through food but feed you with information that probably will shock your before knowledge. This book is actually handy, you can bring it everywhere you go and whenever your conditions in e-book and printed ones. Beside that this Secrets of Serotonin, Revised Edition: The Natural Hormone That Curbs Food and Alcohol Cravings, Reduces Pain, and Elevates Your Mood (Lynn Sonberg Books) giving you an enormous of experience including rich vocabulary, giving you trial run of critical thinking that could it useful in your day pastime. So , let's have it and revel in reading.

**Mildred Miller:**

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