

Way Up From Down



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This book presents a safei¼ effective treatment for depression and low moods--a nutritional approach. It is com-pletely naturali¼ virtually free of side effects and scientifically-basedi¼ I have seen it work in my own practice and there are moreand more reports from around the country of its effectiveness.
 Here is a list of what I hope to convey:
~ Proof that depression is biochemically induced and treatable
~ Why and how certain nutrients--chiefly amino acids and vitamin-mineral supplements--bring relief
~ How to start your own program of nutritional supplements--and when to turn to a physician for help
~ How the program can help you when you re not actually de-pressed but suffer only from occasional low moods
~ A self-rating scale to help you discover whether you are de-pressed
~ How to identify depression in yourself or someone

close to you
 and how to recognize its psychological and physical symptoms

作者介绍:

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