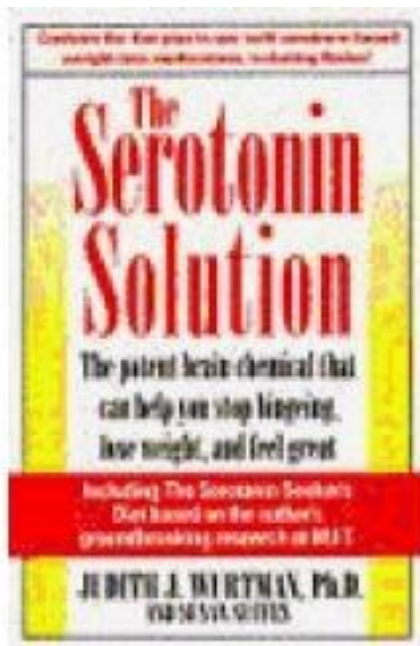


Serotonin Solution



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Based on Dr. Judith Wurtman's fifteen years of groundbreaking research at M.I.T., **The Serotonin Solution** is the first book to promote weight loss and eating control through serotonin, the neurotransmitter responsible for calmness and emotional well-being. Through Wurtman's patented Serotonin Seeker's Diet, we can boost the brain's natural appetite suppressant simply by eating carbohydrates in the right amounts in combination with other foods to put an end to stress-driven emotional overeating as we lose weight.

Along with her basic diet program, Wurtman provides the optimal diet plan to use with the new FDA-approved weight-loss drug Redux -- the first new diet drug in twenty-two years!

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