



The Serotonin Power Diet: Use Your Brain's Natural Chemistry to Cut Cravings, Curb Emotional Overeating, and Lose Weight

Nina Frusztajer Marquis, Judith J. Wurtman

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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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