



What Your Doctor May Not Tell You About(TM) Depression: The Breakthrough Integrative Approach for Effective Treatment (What Your Doctor May Not Tell You About...(Paperback))

Michael B. Schachter, Deborah Mitchell

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Depression is a serious illness that can often have detrimental effects on one's personal and professional life - but it doesn't have to. With proper treatment, one can conquer this mental monster and lead a fulfilling and productive life. What's more, expensive prescription drugs with sometimes debilitating side effects may very well not be the answer. In this breakthrough programme, Dr Michael Schachter offers his proven protocol to treat depression naturally by rebalancing and repairing out of sync and inefficient neurotransmitters in the brain. Readers are guided towards relief through potent, safe natural supplements that directly affect brain chemistry. Combining more traditional treatments with new proven remedies, Dr Schachter's programme reveals: the right amino acids that can help balance brain chemistry; how to easily and effectively control the amount of serotonin, dopamine, and glutamine in the brain - without drugs; the importance of Omega-3 intake and the role of mercury and fluoride toxicity can play in depression and much more. Dr Schachter leaves no stone unturned on the path to treating depression safely, effectively and naturally.



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Tara Scribner:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they carrying out activity like watching television, going to beach, or picnic inside park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? Might be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the reserve untitled What Your Doctor May Not Tell You About(TM) Depression: The Breakthrough Integrative Approach for Effective Treatment (What Your Doctor May Not Tell You About...(Paperback)) can be good book to read. May be it can be best activity to you.

Melissa Kim:

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