



## The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain

By Judith Wurtman, Nina T. Frusztajer

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**The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain** By Judith Wurtman, Nina T. Frusztajer

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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## **Editorial Review**

### About the Author

**Judith J. Wurtman, PhD**, discovered the connection between carbohydrate craving, serotonin, and emotional well-being in her MIT clinical studies. Founder of a Harvard University hospital weight-loss facility and cofounder of Adara Weight Management Center, she has written five books, including *The Serotonin Solution*, and more than 40 peer-reviewed articles for professional publications. She lives in Miami Beach, Florida.

**Nina T. Frusztajer, MD**, cofounder of Adara Weight Management Services, is a practicing physician and certified professional life coach. She received her Masters degree in Nutrition from Columbia University and her medical degree from George Washington University. She lives in Boston, MA.

## **Users Review**

### **From reader reviews:**

#### **Mark Feaster:**

People live in this new day time of lifestyle always try to and must have the time or they will get lots of stress from both day to day life and work. So , if we ask do people have spare time, we will say absolutely indeed. People is human not really a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to anyone of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the particular book you have read will be The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain.

#### **Gena Colgan:**

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**Lily Tarver:**

The book untitled The Serotonin Power Diet: Eat Carbs--Nature's Own Appetite Suppressant--to Stop Emotional Overeating and Halt Antidepressant-Associated Weight Gain contain a lot of information on it. The writer explains your girlfriend idea with easy method. The language is very clear to see all the people, so do definitely not worry, you can easy to read the item. The book was compiled by famous author. The author will take you in the new era of literary works. You can easily read this book because you can read more your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site along with order it. Have a nice read.

**Preston Garza:**

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