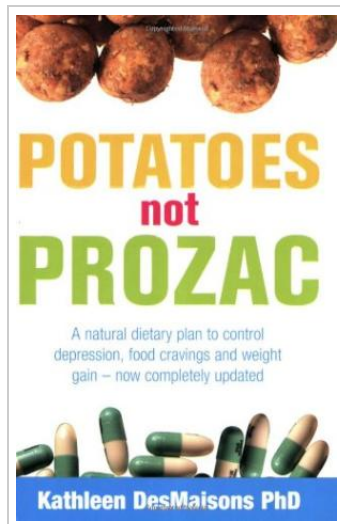




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Potatoes Not Prozac: How to Control Depression, Food Cravings and Weight Gain (New edition)

By Kathleen Desmaisons

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Potatoes Not Prozac: How to Control Depression, Food Cravings and Weight Gain (New edition), Kathleen Desmaisons, Have you ever wondered why you can't say no to fattening foods or alcohol? Why you overspend or overwork, feel bloated, have mood swings or depression? The answer is not that you're lazy, self-indulgent or undisciplined. The problem lies in your body chemistry. Millions of people are sugar sensitive and the foods they turn to for comfort actually trigger feelings of exhaustion, hopelessness and low self-esteem. In her groundbreaking book, Kathleen DesMaisons, Ph.D., explains how certain food-dependent chemicals in the brain regulate our moods. To maintain mental and physical health our serotonin, beta-endorphins and blood sugar levels need to be kept in balance. We can achieve this by following DesMaison's inexpensive, all-natural nutritional plan. There is no regime of measurements or self-denial: you tailor the plan to your tastes and lifestyle. More than just a book about food, this is a book about possibilities.

Reviews

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