

What Does Serotonin do?

Blood clotting: helps the body to heal faster

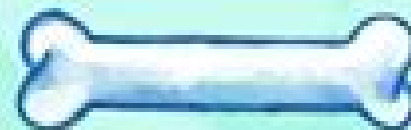


Sleep: stimulates the areas of the brain that are in control of sleep-wake behavior

Sexual function: can cause a decreased libido when levels are too high



Bone health: can cause osteoporosis when levels are too high



Mood regulation: reduces feelings of depression and anxiety



Nausea: helps the body expel food quicker than normal



Serotonin Solution

Trudy Scott



Serotonin Solution:

The UltraMind Solution Mark Hyman, 2008-12-30 The Ultramind Solution speaks directly to the massive generation of boomers who for the first time are encountering diminishing memory and focus among other affects of life on earth and the human brain Like all of Dr Hyman s work this latest instalment in the Ultra series teaches the reader how to use the body to heal the body this time making lifestyle changes that will foster brain function including memory mood and attention span as well as battle everything from brain fatigue to depression Like all of Dr Hyman s books Ultramind includes the 7 Keys to Brain Health and a simple 6 week program that will cleanse heal and strengthen the brain Each section has a quiz for the reader to access the affect of each particular key on their brain function provides a list of diagnostic tests for clinical treatments as well as a how to implement healing solutions from changes in nutrition to supplements hormones detoxification and fighting brain allergies The Ultramind Solution includes a brain workout and recipes for brain foods that stimulate performance

AARP The Food-Mood Solution Jack Challem, 2011-12-20 AARP Digital Editions offer you practical tips proven solutions and expert guidance In The Food Mood Solution renowned nutrition expert Jack Challem isolates the nutritional triggers of bad moods providing solutions that will help you stabilize your moods gain energy sleep better handle stress and be more focused Challem lays out a clear cut four step plan for feeding the brain the right nutrition presenting advice on choosing the right foods and supplements as well as improving lifestyle habits to help regulate mood swings

The Antidepressant Solution Joseph Glenmullen, 2006-01-20 With the FDA s warning that antidepressants may cause agitation anxiety hostility and even violent or suicidal tendencies these medications are at the forefront of national legal news Harvard physician Joseph Glenmullen has led the charge to warn the public that antidepressants are overprescribed underregulated and especially misunderstood in their side and withdrawal effects Now he offers a solution More than twenty million Americans including over one million teens and children take one of today s popular antidepressants such as Paxil Zoloft or Effexor Dr Glenmullen recognizes the many benefits of antidepressants and prescribes them to his patients but he is also committed to warning the public of the dangers associated with overprescription Dr Glenmullen s last book Prozac Backlash sounded the alarm about possible dangers The Antidepressant Solution provides the remedy It is the first book to call attention to the drugs catch 22 Although many people are ready to go off these drugs they continue to take them because either the patient or the doctor mistakes antidepressant withdrawal for depressive relapse The Antidepressant Solution offers an easy step by step guide for patients and their doctors Written by the premier authority in the field The Antidepressant Solution is an invaluable book for all those concerned with going through the process from friends and family members to doctors and patients themselves

The Thyroid Solution Ridha Arem, 2000-08-08 It s sometimes called a hidden epidemic One in ten Americans more than twenty million people most of them women has a thyroid disorder At any given time millions of people have an undiagnosed thyroid disorder and experience a chronic mental anguish that almost certainly arises from the very

same source Yet many primary care doctors still don't recognize the importance of the thyroid in mind body health and its especially crucial role in women's well being *The Thyroid Solution* is a must read for anyone who suffers from a thyroid condition It's the first mind body approach to identifying and curing thyroid imbalances Written by a medical pioneer and leading authority in the field of thyroid research this groundbreaking book offers Dr Ridha Arem's practical program for maintaining thyroid health through diet exercise and stress control and through his revolutionary medical plan which combines two types of hormone treatments with astounding results Inside you'll discover The thyroid basics what it is where it is what it does How thyroid hormones affect the brain and alter mood emotions and behavior leading to brain fog weight gain loss of libido infertility anxiety and depression What tests to ask your doctor to give you and what they mean The vital connection between stress and thyroid imbalance The benefits of antioxidants and essential fatty acid foods and supplements How to recognize and cure the deep and lingering effects of a thyroid imbalance Filled with remarkable patient histories and interviews that document the dramatic results of Dr Arem's bold new treatments *The Thyroid Solution* now gives you and your doctor the tools you need to live a life with peace of mind and body

The 30-Day Sobriety Solution Jack Canfield, Dave Andrews, 2016-12-27 A groundbreaking program to help you cut back or quit drinking entirely in the privacy of your own home

The Mood Cure Julia Ross, 2003-12-30 Are you a part of the bad mood epidemic Here are the answers you've been looking for Julia Ross's plan provides a natural cure for your mood Drawing on thirty years of experience she presents breakthrough solutions to overcoming depression anxiety irritability stress and other negative emotional states that are diminishing the quality of our lives Her comprehensive program is based on the use of four mood building amino acids and other surprisingly potent nutrient supplements plus a diet rich in good mood foods such as protein healthy fat and certain key vegetables Including an individualized mood type questionnaire *The Mood Cure* has all the tools to help you get started today and feel better tomorrow

The Thyroid Solution Diet Ridha Arem, 2013-01-08 Rebalance your hormones with food learn how to control cravings drop pounds with the eating and exercise plan Dust jacket

The Antianxiety Food Solution Trudy Scott, 2011-06-02 It's remarkable how much the foods we eat can impact our brain chemistry and emotions What and when we eat can make the difference between feeling anxious and staying calm and in control But most of us don't realize how much our diets influence our moods thoughts and feelings until we make a change In *The Antianxiety Food Solution* you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance This easy to use guide helps you choose the best plan for you and incorporates effective anxiety busting foods and nutrients You'll soon be on the path to freeing yourself from anxiety and enjoying an improved overall mood better sleep fewer cravings and optimal health the natural way In *The Antianxiety Food Solution* you'll discover How to assess your diet for anxiety causing and anxiety calming foods and nutrients Foods and nutrients that balance your brain chemistry Which anxiety triggering foods and drinks you may need to avoid Easy

lifestyle changes that reduce anxiety and increase happiness *Dr. Atkins' Vita-Nutrient Solution* Robert C. Atkins, 2011-05-24 THE HEALING POWER OF NUTRITIONAL SUPPLEMENTS Long a champion of complementary medicine and nutritional therapy Dr Robert Atkins author of the 1 best seller Dr Atkins New Diet Revolution presents the scientific basis for the use of vitamins minerals amino acids herbs and hormones in the treatment and prevention of many of the chronic illnesses that plague us today These vita nutrients harness the body's ability to heal itself rather than resorting to conventional drugs and invasive procedures and address the true causes of disease instead of temporarily alleviating symptoms promoting longer lasting and more effective healing In this comprehensive guide Dr Atkins shares vital information on more than 120 supplements including The specific restorative powers of each nutrient How to determine the optimal dosage schedule How to obtain supplements that are new to the market or are available only in limited supply The formula for a basic foundation of vita nutrients that almost everyone needs every day Best of all Dr Atkins shows you how to create a personalized program to help improve or regain your health by using combinations of nutritional supplements specifically designed to help cure or prevent more than fifty common medical conditions including arthritis cancer diabetes heart disease or infections Backed by cutting edge scientific research his recommendations are both safe and effective

The Hunter/Farmer Diet Solution Mark Liponis, MD, 2014-04-01 Americans are overweight and they're getting heavier Other than wanting to perform invasive surgical procedures most doctors offer little help Their advice is usually Eat less exercise more which falls back on the outdated dogma of calories in calories out Medical research on dieting is confusing and often contradictory Not only are most people unsure about which weight loss plan is best but their physicians are too It has become an everyone for him or herself situation where we're forced to experiment hoping to hit on the magic weight loss formula by chance and the increasing number of fad diets makes our odds of picking the right weight loss plan even less likely Why can't the medical establishment make sense of the overload of information and give us sound advice that actually enables people to lose weight and improve their health Fortunately recent studies have shined a new light on the subject and may finally help us understand a successful way to diet This research proves what many men and women have learned through trial and error some do better on a low carb diet and others do better on a low fat diet This is because some people have the metabolism of a Hunter while others have the metabolism of a Farmer In this groundbreaking book Dr Mark Liponis a leading expert in preventive and integrative medicine will show you how to determine which type you are so that you can lose weight and improve your health at the same time Once you know your type you'll be on the road to successful weight loss and greater health and well being

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