



# **Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life**

*Joan Mathews Larson*

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# Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life

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Many of you who appear to have life under control are simply great actors. Underneath you live with inner tensions, anxiety or panic states, feelings of hopelessness or paranoia, racing thoughts, ongoing anger, bone-weary fatigue. . . . The good news is that all this is fixable.

What is the best treatment for ongoing depression, mood swings, exhaustion, and anxiety? Psychotherapy? Prescription drugs? Or is there a natural way that works better and is safer, faster, and cheaper? There is, and now Joan Mathews Larson, Ph.D., the brilliant nutritionist who founded Minnesota's esteemed Health Recovery Center, offers her revolutionary formulas for healing your emotions--biochemically. Twenty years of working with both addicted and nonaddicted patients has shown Larson that unhealthy and unstable moods are the result of the chemistry of our physical brains and are not psychological in origin. When you feed your imbalanced brain what it craves--the key essential fatty acids (EFAs), natural mind-body hormones, and the right amino acids--most mood swings, depressions, anxiety, and other upsets will disappear, even if they have a genetic basis.

Through proven all-natural formulas, Seven Weeks to Emotional Healing will help you find the emotional stability and well-being you've been missing your entire life. Inside you'll discover how to

- Screen yourself for emotional and behavioral symptoms
- Recognize the mental and physical clues that indicate biochemical imbalances
- Find an open-minded health practitioner
- Eat the right foods for optimal mental fitness

Dr. Larson also provides her unique anti-aging formula that restores sexual function, rejuvenates the immune system, elevates mood and energy levels, reduces stress, and expands your life span!

Seven Weeks to Emotional Healing is both responsible and effective--and gives you the tools you need to find lasting emotional health and contentment for the first time in your life.

*From the Hardcover edition.*

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