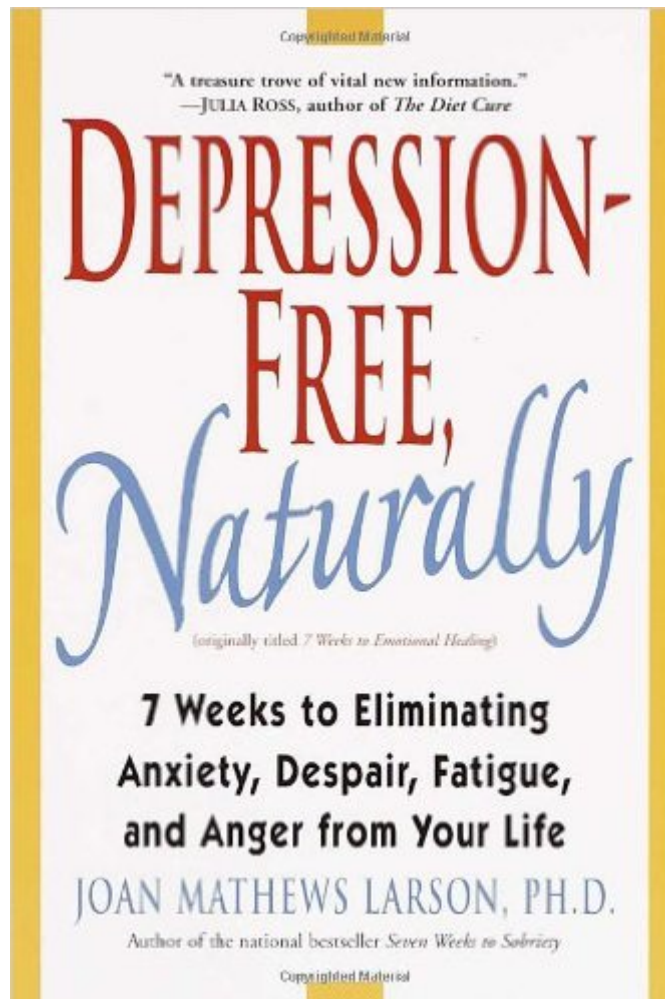


The book was found

Depression-Free, Naturally: 7 Weeks To Eliminating Anxiety, Despair, Fatigue, And Anger From Your Life



Synopsis

In this groundbreaking book, nutritionist Joan Mathews Larson, Ph.D., founder of Minnesota's esteemed Health Recovery Center, offers her revolutionary formulas for healing your emotions--biochemically. Through proven all-natural formulas, *Seven Weeks to Emotional Healing* will help you find the emotional 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- Heal your depression and anxiety with the right vitamins and minerals- Stabilize your mood swings and protect your well-being with essential fatty acids- Choose the right foods for optimal mental fitness- Rejuvenate your body with key natural hormones Safe, fast, more long-lasting and cheaper than prescription drugs or psychotherapy, *Seven Weeks to Emotional Healing* will help you find balance and well-being.

Book Information

Paperback: 384 pages

Publisher: Wellspring/Ballantine (January 2, 2001)

Language: English

ISBN-10: 0345435176

ISBN-13: 978-0345435170

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (127 customer reviews)

Best Sellers Rank: #22,592 in Books (See Top 100 in Books) #39 in Â Books > Health, Fitness & Dieting > Mental Health > Depression #44 in Â Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #53 in Â Books > Self-Help > Emotions

Customer Reviews

Dr Mathews-Larsen has provided the world with a PRECIOUS GIFT in documenting her protocols in a book that anyone can access. This book SAVED my life, so of course there is no stronger recommendation possible. It's easy to read and follow. She explains how prescription drugs do more harm than good and were actually designed to mimic the action of nutrients! After more than a decade of career crashing, debilitating chronic fatigue, Dr Larsen's simple, safe nutrient protocols healed my poor sleep, normalized my moods, eliminated my anxiety, stabilized my blood sugar, gave me physical ENERGY & mental FOCUS and also many side bonuses like improving my eyesight and eliminating water retention. (Amino acids are MIRACULOUS!) She provides very

RARE information about various nutritional deficiencies that cause depression, anxiety, and addictions, pointing to easy physical CURES for illnesses that seemed intractable. This book is amazingly complete & thorough yet also concise. This is a PRACTICAL book on how to get better, not a book of theory. I love how she provides symptom checklists but also tells you where you can get lab testing done, too. I didn't use Dr Larsen's supplements, since I found them cheaper on iherb.com, which has the KRAZY-great prices on supplements! I recommend Anabol Naturals for the aminos (the blend is 99% the same as Dr Larsen's & is pharmaceutical grade.) Dr Larsen's book provides enough information to heal yourself. However, in case you have pyroluria, I'd like to provide a few extra tips based on my experience. Because pyroluria causes zinc deficiency, you will automatically have copper toxicity. So you must realize that you will definitely go thru an uncomfortable healing crisis at some point as you detoxify excess copper.

[Download to continue reading...](#)

Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life
Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue:
The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue)
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet)
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)
Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress. Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life)
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset)
Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks)
How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts)
Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy, Diet)
Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido)
Gut: The Key

to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Adrenal Fatigue : Adrenal Reset Diet: Understand The Symptoms And Beat Adrenal Fatigue Syndrome Forever. Lose Weight,Reduce Both Stress And Anxiety To ... Eating,Diet,Boost Metabolism) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life

[Dmca](#)