



The Serotonin Power Diet: Use Your Brain's Natural Chemistry to Cut Cravings, Curb Emotional Overeating, and Lose Weight

(Hardcover)

Nina Frusztajer Marquis, Judith J. Wurtman

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Using this science-based plan, dieters will learn how to eat in order to boost serotonin, the brain chemical that shuts off appetite and turns on feelings of calm. This clinically tested program is also the first to offer antidepressant users an effective way to lose extra weight associated with their medication.

The Serotonin Power Diet is based on more than 30 years of pioneering research at MIT by internationally renowned scientist Dr. Judith Wurtman on the brain, emotions, appetite, and overeating. Using this research, she and Dr. Nina Marquis devised a program that puts the brain in charge of food intake. This simple 12-week plan, with more than 75 delicious recipes, was successfully tested on hundreds of clients at the Adara weight loss centers founded by the authors. Readers will lose up to 2 pounds a week while reducing stress and improving their moods.

Because the plan is designed to turn on serotonin and turn off the need to eat, readers will never feel deprived. In addition, as serotonin increases feelings of well-being, emotional eating will vanish.



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