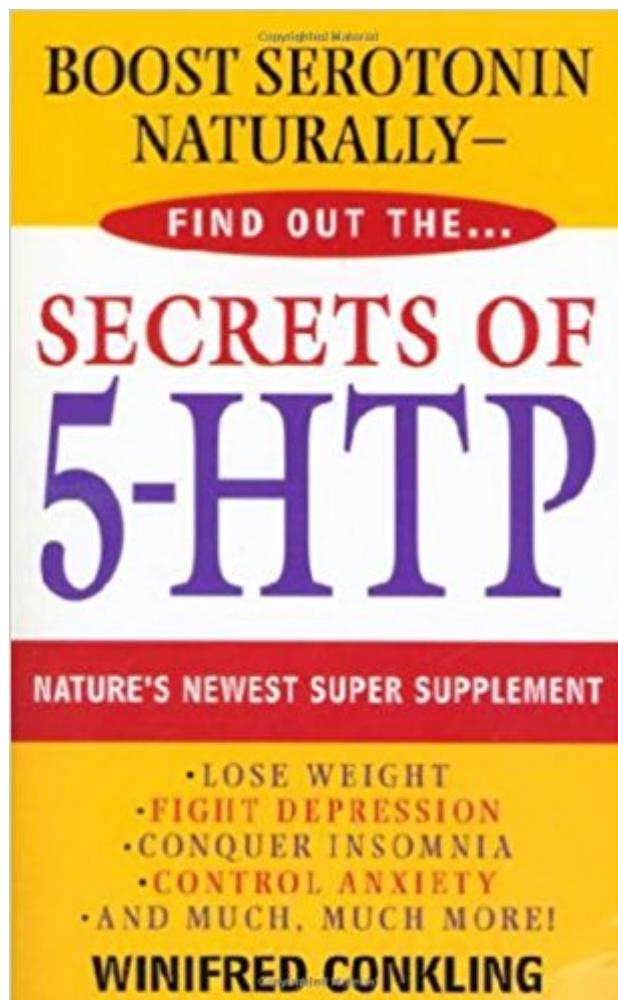


The book was found

Secrets Of 5-HTP: Nature's Newest Super Supplement



Synopsis

5-HTP: The new, natural way to enhance mental and physical health. If you're picking up this book, you've probably tried prescription drugs, only to find that the expense, unpleasant side effects, and potential for dangerous reactions aren't worth it. You want a natural alternative to remedy your condition, but don't know what to choose. If you're looking to overcome any serotonin-related disorder, from depression to anxiety to weight loss, 5-HTP may be the answer. 5-HTP (5-hydroxytryptophan), a compound synthesized from the amino acid tryptophan, has been shown to increase serotonin levels as well as or better than prescription drugs such as Prozac. 5-HTP may also help fight eating disorders, migraines, Seasonal Affective Disorder, and Parkinson's disease. Read on to find out: * If 5-HTP is right for you * What dosages and regimens are recommended for treating your specific problem * Possible interactions with other medications and supplements * When to seek medical help for a problem * And much, much more!

Book Information

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Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

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Customer Reviews

This book was very clearly written and gives an easy to understand description of the uses of 5HTP and how it effects you body, mood and behavior. the author describes in layman terms the role of serotonin in your body, how it is absorbed into the brain, and how to naturally raises the serotonin level to effect weight lose, depression, insomnia, anxiety and more. In the writing the author breaks the chapters into subject areas, depression, eating disorders, and other health problems providing questions and descriptions to help identify if your problem should be treated and if 5 HTP can

possibly help. The chapters include important addresses where additional information and help can be obtained. The book includes appropriate warnings, description of side effects, as well as explanations on how to use 5 HTP. The last chapter includes specific health tips on diet, exercise and life style all presented in a clear educational, non-preaching manner. This book is a good quick read packed with useful information if you are considering non-prescription alternatives (5HTP) for addressing weight loss, depression, insomnia, anxiety and more..... at \$5.99 suggested retail price, go for it.

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