



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

By Joan Mathews Larson PhD

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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.

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Editorial Review

From Publishers Weekly

Larson, author of the bestselling *Seven Weeks to Sobriety*, believes that many doctors misdiagnose nutritional imbalances as psychological disorders. She argues that most people who are depressed, fatigued or addicted to food, cigarettes or alcohol suffer from a deficiency of vitamins or amino acids that is only exacerbated by drugs like Xanax, Prozac and lithium. Larson provides checklists of symptoms, possible disorders and corrective formulas along with simple but thorough explanations of how the biochemistry works. She plausibly links biochemical emotional problems with the gradual shift in the American diet over the past 60 years toward sugary, carbohydrate-laden and processed foods, which disturb the body's insulin production and deprive the brain of much needed vitamins and nutrients. The author urges readers to seek out doctors to run lab tests in order to identify possible deficiencies, blood-sugar abnormalities and food allergies. Occasionally, Larson's advice gets lost in her sales pitch for her Health Recovery Center in Minnesota ("The nutrients used at Health Recovery Center are the best quality we can find"). Still, anyone who has suffered from mental lapses, mood swings and stress will find plenty to mull over here. Author tour. (Nov.)

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From Library Journal

Larson, a nutritionist and director of the Health Recovery Center in Minneapolis, contends that an imbalance of body chemicals often causes emotional problems and that making appropriate dietary changes will restore the brain's equilibrium. In addition to suggesting which foods to avoid or to eat, Larson provides lists of supplements to be taken on a daily basis and numerous questionnaires for detecting deficiencies. The long list of recommended supplements promotes extensive pill-popping, and there are regular reminders that those available from the Health Recovery Center at their 800-number are "the best quality." Larson's advice about the value of nutritional repair for depression and other emotional woes is sound, but with no clarification, her jargon is often confusing, e.g., "Symptoms indicating tyrosine or l-phenylalanine is needed to increase norespinephine levels." The final chapter on anti-aging hormones seems somewhat out of place. Appropriate for larger public libraries. Allse Heidmann, San Marcos, TX

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Review

"This book is a treasure trove of vital new information. Because my clients have been using similar strategies for many years, I can testify to their immediate and sustaining effectiveness in correcting even the most severe mood problems. And the elegant clarity of its writing and layout make the book a pleasure to read."

--JULIA ROSS

Author of *The Diet Cure*

"Larson provides the checklists of symptoms, possible disorders, and corrective formulas along with simple but thorough explanations of how the biochemistry works. She plausibly links biochemical emotional problems with the gradual shift in the American diet over the last sixty years toward sugary, carbohydrate-laden, and processed foods. Anyone who has suffered from mental lapses, mood swings, and stress will find plenty to mull over here."

--Publishers Weekly

Users Review

From reader reviews:

David Williams:

Book is to be different for each grade. Book for children till adult are different content. As it is known to us that book is very important for us. The book Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life ended up being making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The e-book Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life is not only giving you more new information but also being your friend when you feel bored. You can spend your spend time to read your guide. Try to make relationship with the book Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life. You never experience lose out for everything should you read some books.

Donald Farrell:

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Phyllis Belser:

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Gary Copeland:

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