



The Doctors Book of Home Remedies for Depression: More Than 100 Solutions for Turning Your Life Around Through Positive Thinking, Nutritional Healing, and More (Doctors' Book of Home Remedies)

Prevention

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If you're one of the nearly 10 percent of Americans who suffer from some degree of depression, you know how debilitating this "common cold" of mental health can be. Without proper treatment, painful symptoms can last for months, years, or even a lifetime. In this latest volume from the best-selling Doctors Book of Home Remedies series, nearly 70 doctors and alternative healing experts offer myriad proven and practical self-care methods to help you beat the blues.

You'll find the latest research on the most promising new supplements; often-overlooked "mood benders" (such as aerosol air fresheners or an undetected food allergy) that could be contributing to your depression; dozens of fast-acting remedies to boost your mood; nutritional advice on meeting your body's dietary needs; and creative ways to tap into your inner child, relax, and enjoy life.

Contributing experts include:

Harold Bloomfield, M.D. Psychiatrist and author of *Hypericum and Depression*

Andrew Weil, M.D. Holistic healing authority and author of *Eating Well for Optimum Health*

Deepak Chopra, M.D. Spiritual leader and author of *Body, Mind, and Soul*

Elizabeth Somer, R.D. Author of *Food and Mood*

Joseph Pizzorno, N.D. Founding president of Bastyr University of Natural Health Sciences

Wayne W. Dyer, Ph.D. Motivational leader and author of *Manifest Your Destiny*

James Duke, Ph.D. Herbal healing authority and author of *The Green Pharmacy*

And dozens of others!



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Daniel McDonald:

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Richard Crowe:

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Diana Johnson:

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