



Natural Prozac

Joel C. Robertson

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Scientifically proven and easy to follow, Dr Joel Robertson's groundbreaking lifestyle program makes a significant advance in treating and overcoming depression and its debilitating effects without drugs. With more than 21 million people now using Prozac and other anti-depressants worldwide, this book comprises an enormous breakthrough: an all-natural method anyone can use to regain control of their physical and emotional health. Robertson, an expert in pharmacology and brain chemistry, has been using this method with remarkable success for more than twenty years. His approach uses the body's own natural chemistry to restore the brain's chemical balance and end the dangerous cycle of negative thought patterns and behaviour that cause depression to recur. With detailed instructions on developing a tailored program of diet and exercise, new techniques for understanding and breaking free of negative habits, and targeted exercises for burning up self-destructive chemicals. Natural Prozac gives every depression sufferer a new option.

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