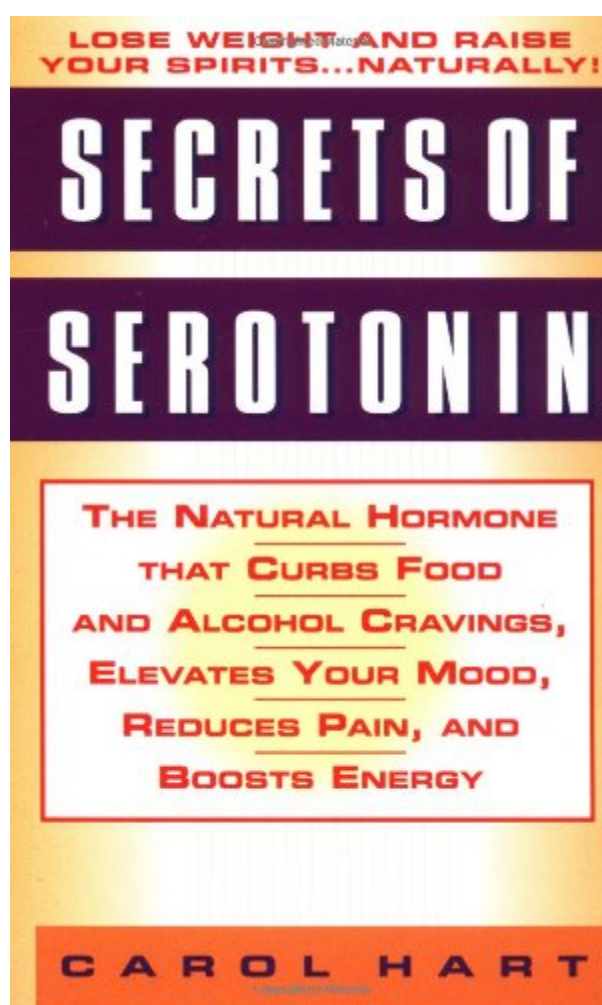


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Carol Hart, Ph.D., is a respected biomedical writer, editor, and researcher. She is co-author of *Natural Healing with Chinese Medicine*.

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In fact, millions of people take Prozac every day to compensate for low serotonin levels without knowing that changes in diet and lifestyle may be all they need.

Now this breakthrough book helps you take charge of your own health and healing. It shows you how to boost your serotonin levels, safely and without drugs. You'll discover fast and easy-to-do daily serotonin-balancing routines and food choices that can:

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