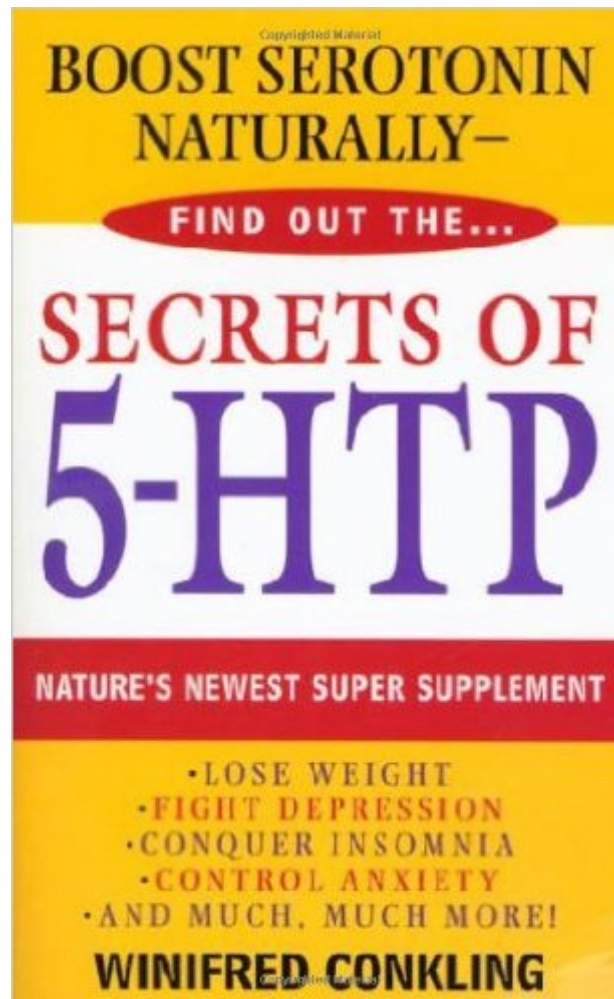


The book was found

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

Mass Market Paperback: 240 pages

Publisher: St. Martin's Paperbacks (November 15, 1998)

Language: English

ISBN-10: 0312968590

ISBN-13: 978-0312968595

Product Dimensions: 4.2 x 0.6 x 6.8 inches

Shipping Weight: 5.3 ounces

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

Best Sellers Rank: #2,402,338 in Books (See Top 100 in Books) #108 in [Books > Medical Books > Pharmacology > Neuropsychopharmacology](#) #482 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychopharmacology](#) #799 in [Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements](#)

Customer Reviews

This book was very clearly written and gives an easy to understand description of the uses of 5HTP and how it affects your 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 raise the serotonin level to effect weight loss, 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.

[Download to continue reading...](#)

Secrets of 5-HTP: Nature's Newest Super Supplement
Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros)
Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy)
Luigi: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Luigi Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros, Luigi Memes, Luigi Jokes)
5-HTP: The Natural Way to Overcome Depression, Obesity, and Insomnia
5-HTP: The Natural Way to Boost Serotonin and Overcome Depression, Obesity, and Insomnia
Easy Quinoa Recipes 2.0 : Nature's Newest Superfood For Breakfast, Lunch And Dinner (The easy recipe Book 1)
Living With HIV and AIDS: Prevention, Healing Symptoms, the Newest Treatments, and Possible Cures (Health Book 1)
Don't Panic Third Edition: Taking Control of Anxiety Attacks (Newest Edition)
Damn Delicious: 100 Super Easy, Super Fast Recipes
Love Muffins: 60 Super #Delish Muffin Recipes (60 Super Recipes Book 8)
Cutie Pies: 60 Super #Delish Recipes for Sweet & Savory Pies (60 Super Recipes Book 41)
Simply Savory Potatoes: 60 Super #Delish Ways to Cook Spuds (60 Super Recipes Book 25)
Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Blender Recipes for Health and Happiness
Smooth Groove Superfood Smoothies: 60 Super Simple & #Delish Smoothie Recipes to Refresh & Rejuvenate (60 Super Recipes Book 1)
Brinner Winners: 60 Super #Delish Breakfast for Dinner Recipes (60 Super Recipes Book 14)
Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series)
Chickpea Craze: 60 Super #Delish Chickpea Dishes (60 Super Recipes Book 31)
Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating)
Superfoods Super Quick: 21 Days of Super Fabulous Superfoods Meal Plans - Free Bonus 100 Paleo Recipes (Ultimate Health and Wellbeing)

[Dmca](#)