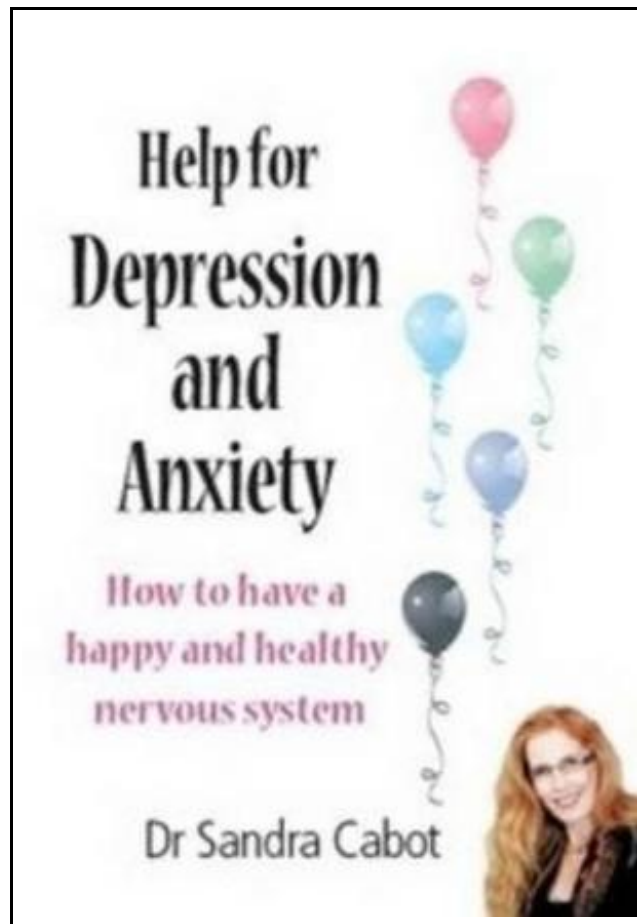


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Women's Health Advisory Service Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Help for Depression and Anxiety: How to Have a Happy and Healthy Nervous System, Sandra Cabot, Depression has recently been quoted in the newspapers as "the most predicted common ailment of the 21st century". In this book Dr Cabot aims to give you practical help and understanding of the use of prescribed antidepressant drugs, natural hormones and natural dietary supplements that can strengthen the emotional system and indeed your whole brain. This book will give you a list of brain boosting foods to optimise the physical and functional integrity of your brain. Only by addressing all these factors can we achieve the best possible outcome for every individual who suffers with some form of emotional distress.

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