

Serotonin Solution

Judith Wurtman Ph.D.
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Judith Wurtman Ph.D. : Serotonin Solution before purchasing it in order to gage whether or not it would be worth my time, and all praised Serotonin Solution:

14 of 14 people found the following review helpful. I Don't Binge Anymore!By Joan DursoThis book has completely turned my life around. I thought my bingeing on carbs was simply a matter of willpower. After reading this book, I now understand the biological reason for it. My body was screaming for Seritonin. This book explains how to enable your body to create more seritonin without bingeing. With more seritonin, i no longer have the desire to binge. The author Judith Wurtman does an excellent job of explaining why we get uncontrollable cravings and how to qual them. She also does a great job in explaining why the 'Low Carb Diets' only make you crave carbs more. Thank God for this book. It's helped me understand how your body works and why it craves certain things at different times. Buy it, you won't regret it.2 of 2 people found the following review helpful. Food as a solution instead of a problemBy Lovely LadyThe author puts forth the idea that food provides needed nourishment and is not the enemy in our diet struggles. Indeed, attempting to get what it needs, the body may crave more than food and other addictions and behaviors may result which complicate one's life. The book was written some time ago, starting a discussion about the role of foods in brain function, a discussion as timely now as ever.0 of 0 people found the following review helpful. This was the only diet book I ever read that ...By Laura LeeThis was the only diet book I ever read that could explain to me while I had out-of-control bingeing in the winter. The only diet book I ever read that could explain how to adjust your diet seasonally to account for this compelling need to eat all winter long. No blaming, no punitive eating plans - just science-backed information about serotonin and why a lack of it can drive you to eat, and food plans on how to

address this.

Do you head for the refrigerator after a grueling day at work, or pay your bills with a bowl of potato chips by your side? If your answer is yes, you eat your way through stress: you are an "emotional overeater." And if every diet you have ever tried has ended in failure because you lose control of your eating when your emotions fray, here is good news. Contrary to every eating plan you've ever tried or read about, the cure for emotional overeating is not expensive therapy or superhuman will power. It's food. The secret is the neurotransmitter serotonin, a naturally occurring chemical in the brain that makes us feel good. Stress interferes with our serotonin supply and leaves us without enough of this brain chemical to regulate our moods. But we can boost serotonin simply by eating the right kinds of foods. The reason you feel an uncontrollable urge to eat is because your brain is crying out for relief; it is desperately seeking serotonin! And when you eat the right foods, serotonin runs on full and stress vanishes. The Serotonin Solution is the first book to confront and control emotion-driven overeating. Based on ten years of revolutionary research and testing at M.I.T., Judith J. Wurtman's Serotonin Power meal and snack plan tells you how to allocate protein, carbohydrate, and fat dosages to literally increase the power of your brain to control your eating. The result? Restored energy, an end to emotional overeating, and permanent weight loss. You will learn to: * identify your overeating triggers * follow a daily meal and snack plan that makes you feel so good you'll want to do it * avoid foods that exacerbate stress or block the stress-breaker foods from working * combine exercise with stress-breaker foods to feel good and lose weight faster Along with the basic Serotonin Power Diet Plan for daily stress, Wurtman offers food plans tailored for other types of emotional overeating: a premenstrual mood change plan; a winter/summer food plan; a plan for people who have just quit smoking, finished a diet, or are at home with their preschool kids; and a plan for those who work shifts and are awake when their bodies want to be asleep. Finally, there is a plan to be used in conjunction with the serotonin-based medication developed by Judith Wurtman that is now pending FDA approval. The Serotonin Solution is the only diet book based on Wurtman's original discovery of the scientific relationship between overeating and serotonin. It can help you banish emotional overeating forever and take control of your appetite for good.

From the Inside Flap Do you head for the refrigerator after a grueling day at work, or pay your bills with a bowl of potato chips by your side? If your answer is yes, you eat your way through stress: you are an "emotional overeater." And if every diet you have ever tried has ended in failure because you lose control of your eating when your emotions fray, here is good news. Contrary to every eating plan you've ever tried or read about, the cure for emotional overeating is not expensive therapy or superhuman will power. It's food. The secret is the neurotransmitter serotonin, a naturally occurring chemical in the brain that makes us feel good. Stress interferes with our serotonin supply and leaves us without enough of this brain chemical to regulate our moods. But we can boost serotonin simply by eating the right kinds of foods. The reason you feel an uncontrollable urge to eat is because your brain is crying out for relief; it is desperately seeking serotonin! And when you eat the right foods, serotonin runs on full and stress vanishes. The Serotonin Solution is the first book to confront and control emotion-driven overeating. Based on ten years of revolutionary research and testing at M.I.T., Judith J. Wurtman's Serotonin Power meal and snack plan tells you how to allocate protein, carbohydrate, and fat dosages to literally increase the power of your brain to control your eating. The result? Restored energy, an end to emotional overeating, and permanent weight loss. You will learn to: * identify your overeating triggers * follow a daily meal and snack plan that makes you feel so good you'll want to do it * avoid foods that exacerbate stress or block the stress-breaker foods from working * combine exercise with stress-breaker foods to feel good and lose weight faster Along with the basic Serotonin Power Diet Plan for daily stress, Wurtman offers food plans tailored for other types of emotional overeating: a premenstrual mood change plan; a winter/summer food plan; a plan for people who have just quit smoking, finished a diet, or are at home with their preschool kids; and a plan for those who work shifts and are awake when their bodies want to be asleep. Finally, there is a plan to be used in conjunction with the serotonin-based medication developed by Judith Wurtman that is now pending FDA approval. The Serotonin Solution is the only diet book based on Wurtman's original discovery of the scientific relationship between overeating and serotonin. It can help you banish emotional overeating forever and take control of your appetite for good. About the Author Judith J. Wurtman, Ph.D., is a researcher at the Massachusetts Institute of Technology in the fields of nutrition and behavior, and the bestselling author of The Carbohydrate Craver's Diet and Managing Your Mind and Mood Through Food. Susan Suffes is a senior editor with a major publishing house. From the Trade Paperback edition.