

Natural Medicine Guide To Bipolar

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Eliminate all sugar, gluten, artificial sweeteners, fried foods (toxic trans fats), fast foods, and possibly dairy. Neurotransmitters are made from amino acids like tryptophan (serotonin) and tyrosine (dopamine) and you also need Vitamin C, zinc, and vitamin B6 to synthesize them.

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The Natural Medicine Guide to Bipolar Disorder,an innovative and inspiring book on natural medicine treatments for a healthy mind, is about healing bipolar, not merely enduring it.

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Green leafy vegetables are high in folic acid, and citrus fruits are a great source of vitamin C. Anyone with bipolar disorder who decides to use complementary medicine should continue with their...

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Eliminate all sugar, gluten, artificial sweeteners, fried foods (toxic trans fats), fast foods, and possibly dairy. Neurotransmitters are made from amino acids like tryptophan (serotonin) and tyrosine (dopamine) and you also need Vitamin C, zinc, and vitamin B6 to synthesize them.

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People with bipolar disorder may have extra motivation to start eating more fish that are heavy in omega-3s, such as salmon, mackerel, and sardines, or they may want to consider taking omega-3 ...

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The Natural Medicine Guide to Bipolar Disorder offers an alternative: innovative, natural, non-drug based approaches that treat the underlying imbalances and restore a healthy mind. Medical journalist Stephanie Marohn

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