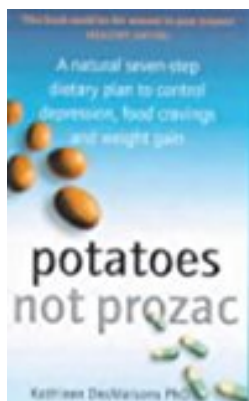


# [PDF] Potatoes Not Prozac: How To Control Depression, Food Cravings And Weight Gain

**Kathleen DesMaisons - pdf download free book**

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**Books Details:**

Title: Potatoes Not Prozac: How to C  
Author: Kathleen DesMaisons  
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**Description:**

The same brain chemicals that are altered by antidepressant drugs are also affected by the foods we eat. According to addiction expert DesMaisons, many people, including those who are depressed, are "sugar sensitive." Eating sweets gives them a temporary emotional boost, which leads to a craving for still more sweets. The best way to keep these brain chemicals in the right balance and keep blood-sugar levels steady, she says, is through the dietary plan she describes in *Potatoes Not Prozac*.

Her rules are fairly simple--eat three meals a day, eat proteins with every meal (especially those high in the amino acid tryptophan, which creates the calming neurotransmitter serotonin), and eat more complex carbohydrates, such as whole grains and, yes, potatoes. Not only will this make you less depressed, DesMaisons says, but it will also keep you from craving too much of the foods you *shouldn't* eat, making it a self-regulating system. --This text refers to an out of print or unavailable edition of this title.

**Review** Christiane Northrup, M.D. author of *Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing* I very much look forward to recommending the book to all those who I know without a doubt are suffering from sugar addiction and all its myriad consequences. --  
*Review* --This text refers to an out of print or unavailable edition of this title.

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