



Alternativas para el Prozac: Remedios naturales para la depresión (Inner Traditions) (Spanish Edition)

Ran Knishinsky

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A principios de la década de 1990, las ventas de Prozac superaban las de todos los demás medicamentos contra la depresión tanto en Estados Unidos como en el mercado mundial. En cambio hoy, en Alemania y otros países de Europa, la hierba de San Juan se recomienda tres veces más que el Prozac para tratar la depresión, y han aparecido muchos otros remedios naturales, menos caros que el Prozac y sin sus numerosos efectos secundarios.

Alternativas para el Prozac es el primer libro que presenta un extenso panorama sobre la historia de la hierba de San Juan, los resultados de los estudios médicos y sus aplicaciones clínicas. También es el primero en proporcionar información sobre las demás terapias naturales contra la depresión: la kava, planta medicinal del Pacífico que alivia la tensión y la ansiedad; el aminoácido 5-HTP, que eleva los niveles de la serotonina y de las endorfinas; la homeopatía, que tiene remedios especiales acordes con las diferentes personalidades; el ginkgo; la fenilalanina; la tirosina; y las vitaminas B. Todos estos remedios son invaluable para el mejoramiento de la salud mental. *Alternativas para el Prozac* habla de manera sencilla y directa sobre la depresión. Es un libro ideal para los consumidores responsables que desean saberlo todo y conocer todas las alternativas antes de decidir lo que más les conviene.



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