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5-HTP: The Natural Way to Overcome Depression, Obesity, and Insomnia

Michael Murray

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5-HTP: The Natural Way to Overcome Depression, Obesity, and Insomnia Michael Murray
The most authoritative and comprehensive guide to realizing the amazing health benefits of 5-HTP

Written by one of America's leading naturopathic doctors, **5-HTP** explains how this natural amino acid can safely and effectively regulate low serotonin levels, which have been linked to depression, obesity, insomnia, migraines, and anxiety.

5-HTP is also a powerful antioxidant that can protect the body from free-radical damage, reducing the risk of serious illnesses such as cancer. 5-HTP has already helped thousands, and Dr. Murray, citing extensive scientific studies and case histories, shows how this groundbreaking supplement can help you.

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