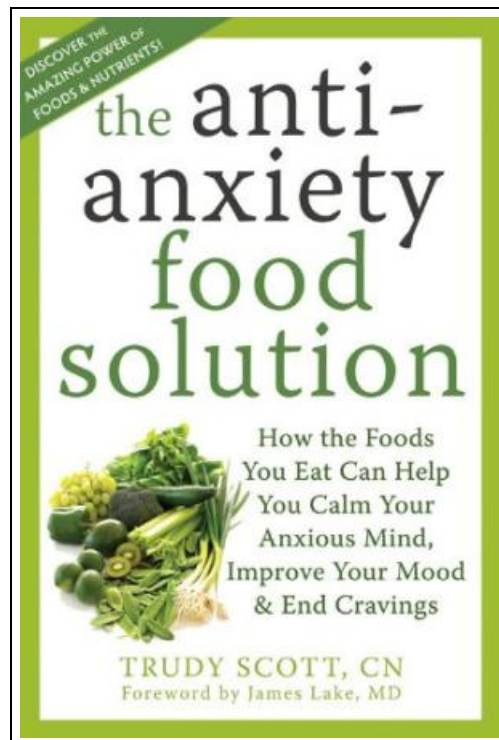


## Anti-Anxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings (Paperback)



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*(Karianne Deckow)*

## ANTI-ANXIETY FOOD SOLUTION: HOW THE FOODS YOU EAT CAN HELP YOU CALM YOUR ANXIOUS MIND, IMPROVE YOUR MOOD, AND END CRAVINGS (PAPERBACK)



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New Harbinger Publications, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. The Antianxiety Food Solution presents effective natural treatments and dietary changes that can significantly reduce anxiety, the most common mental health disorder and improve mood. Author Trudy Scott is a certified nutritionist who successfully treated her own anxiety. Many of us don't notice how much the food we eat affects how we feel. As a result, changing our diet can actually change our moods dramatically, for better or for worse. Readers learn how to discern whether or not they have a deficiency, and then discover what to add to their diets and what to remove for reduced anxiety and increased emotional balance. Ideal for children with anxiety and for adults seeking to reduce their dependence on medication or supplement anxiety medication with proper nutrition, The Antianxiety Food Solution is a must-read for everyone who understands the importance of taking an active role in their mental health.

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