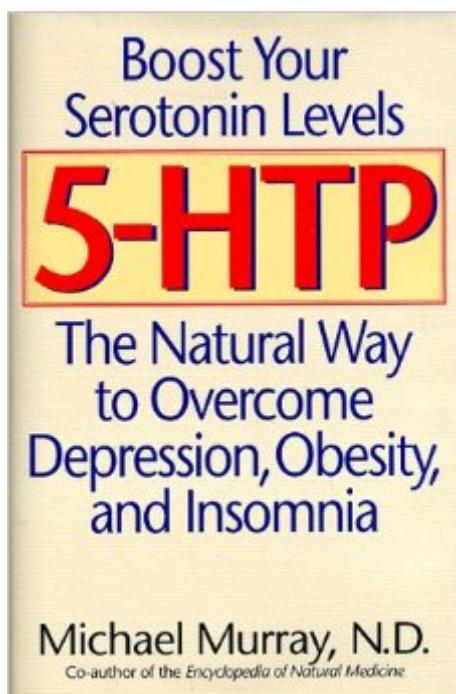


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# 5-HTP: The Natural Way To Boost Serotonin And Overcome Depression, Obesity, And Insomnia



## Synopsis

This is the first comprehensive guide to 5-HTP--an amino acid extracted from the seeds of the Griffonia plant--which is available without prescription and has been shown to be safer and more effective than prescription drugs in treating conditions associated with low levels of serotonin. Our stressful modern lifestyles wreak havoc on our health--we're waging a constant battle to overcome the ill effects of poor diet, lack of exercise, and not enough rest. It may surprise you to learn that scientists have discovered that our stressful lifestyles not only affect our bodies but they adversely affect our brains, too. Specifically, stress, poor diet, and insufficient exercise cause our brains to produce low levels of serotonin, the neurotransmitter that regulates our mood, appetite, and ability to get a good night's sleep. When our brains aren't producing enough serotonin, we may experience depression, suffer from obesity or insomnia, or otherwise function at less than our mental and physical peak. How do our brains produce serotonin? By synthesizing the essential amino acids we gain from eating a proper diet. But diet alone isn't enough (or millions and millions of us wouldn't suffer the ill effects of low serotonin levels), and scientists and researchers have finally come up with a groundbreaking supplement that will safely and efficiently boost serotonin levels and reduce depression, obesity, insomnia, migraine headaches, and anxiety. That supplement is 5-HTP. Written by one of the leading naturopathic doctors in the U.S., 5-HTP tells you everything you need to know about this amazing supplement. Citing case histories, scientific studies, and all the available literature on the subject, Dr. Murray introduces us to a supplement that has been widely and effectively used throughout Europe for decades.

## Book Information

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## Customer Reviews

Minor obsessive-compulsive disorder run in my family. A brother of mine is taking Zoloft. I was looking for a natural alternative to treat symptoms that I've had that are considered "mild" by the psychiatric community (my symptoms don't prevent me from holding down a job and having relationships). I've been unable to find a cure with behavioral modification. This book had the information I needed to understand the neurological and behavioral systems that are affected by serotonin deficiency. I was impressed with Dr. Murray's presentation of scientific studies and comparisons of 5-HTP against pharmacological alternatives. I'm on 5-HTP now and it "magically" cured my 20-year compulsion. 5-HTP is no placebo. Like one of the other reviewers, I have to take 5-HTP in the morning. Taken before bedtime, I experience very vivid dreams and wake up at 3:00 a.m., unable to get back to sleep.

This well-written and extremely interesting book is a must-read for anyone suffering from insomnia, carbohydrate cravings (which often lead to obesity), depressed moods, or migraines. All of these medical problems have been linked to lack of serotonin, a chemical that the human brain makes naturally, which plays a part in the ability to feel pleasure, feel satisfied after eating, and feel well rested. Dr. Murray introduces his reader to a naturally-derived serotonin booster, 5-HTP, which has had positive effects on obese, insomniac, and depressed patients in both medical studies and in his own patients, so far without the negative side effects associated with Prozac and fen-phen. While I agree with 's assessment that the in-depth neurobiology of Dr. Murray's book can be intimidating, I see that as more of an indication of his unwillingness to patronize his readers by omitting it because it's "too hard for us." I would actually greatly distrust anyone who advised me to introduce a new substance into my body without telling me exactly what effect it was going to have on me in great detail. Try not to be intimidated by all those Latin names and medical terms - Murray really does try to explain these very complicated concepts in layman's terms. I also greatly respect Murray's holistic approach to curing depression and obesity - he is never satisfied with merely selling us a miracle pill that can cure all of the reader's health problems without any effort on his or her part in this book. In addition to detailing the positive effects of 5-HTP as a dietary supplement, he strongly emphasizes good nutrition, proper sleep and exercise, and having a positive attitude as well, which I find reassuring, given the number of crash-diet and snake-oil peddlers out there.

When I skimmed the book jacket it was like reading a list of my symptoms: strong need for carbs in the evening, depression, difficulty in sleeping. I bought the book, but wasn't expecting any miracles. Well, I found one. Dr. Murphy painstakingly documents hundreds of clinical studies that prove the effectiveness of this amino acid when used to treat everything from obesity to migraines. He never asks the reader to take a leap of faith; rather he explains everything about this product in exceptional detail. I was so impressed with both the book, as well as the results I saw within 3 days of my taking this supplement, that I gave my copy of the book to my doctor. He specializes in hereditary diseases and thanked me for passing this on to him. Warning: as is noted in the book, some people (like myself) do experience nausea when first trying this supplement. This was easily fixed by taking tablets that are coated -- like aspirin -- so they don't dissolve in the stomach, but in the intestines. Thank you Dr. Murphy.

Regarding the debate between Murray's book and Sahelian's, each has merit. The bottom line is that both books offer considerable information on the benefits of 5-HTP. For many it is proving to be a viable solution to the conditions that plague so many. Murray's book offers substantial information that is easy to understand, but the recommended high initial dosage has worried some consumers. My sister has taken 5-HTP for a while now and is seeing great improvement without suffering from the side effects of the SSRI she had been on previously. A site where she has had great service as well as a variety of product choices is iHerb. She is pleased that they offer several choices of 5-HTP with dosages as low as 50 mg. so she could initially start with a low dosage and then find what works best for her.

I had such a hard time falling asleep, accompanied by debilitating anxiety, until I read this book and started taking 5-HTP. My problem was so serious that I found I was sleeping with my eyes open (Ouch!) The very first night I took it, I slept like a baby. I was unable to take prescription sleep aids and anxiety drugs because of depression and other medical problems. I felt immediate relief with 5-HTP. The scientific studies referenced in this book made me feel very comfortable in taking 5-HTP. They were written in an easily understandable format. The author basically drew a map of the path 5-HTP takes throughout the body. Well done Dr. Murray!

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