

## Natural Medicine Guide To Bipolar

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Eliminate all sugar, gluten, artificial sweeteners, fried foods (toxic trans fats), fast foods, and possibly dairy. Neurotransmitters are made from amino acids like tryptophan (serotonin) and tyrosine (dopamine) and you also need Vitamin C, zinc, and vitamin B6 to synthesize them.

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The Natural Medicine Guide to Bipolar Disorder, an innovative and inspiring book on natural medicine treatments for a healthy mind, is about healing bipolar, not merely enduring it.

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