



5-HTP: The Serotonin Connection: The Exciting New Approach to Overcoming Depression, Reducing Anxiety, and Controlling Your Appetite

Othniel Seiden

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Discover the New Way to Overcome Depression, Anxiety, Insomnia, and Obesity—Naturally!

What is 5-HTP and why has it become one of the most talked-about supplements on the market? 5-HTP is a substance that occurs naturally in the human body and helps in the manufacture of serotonin, a brain chemical that is associated with the feeling of well-being and fulfillment. Now, science has discovered that by taking additional amounts of 5-HTP—as an over-the-counter supplement—you may be able to increase your levels of serotonin naturally without the serious side-effects of prescription drugs.

In this balanced and informative guide, **Othniel J. Seiden, M.D.**, provides everything you need to know about this revolutionary supplement, including:

- How 5-HTP has been used in Europe for decades to treat depression
- How 5-HTP may help reduce your appetite, improve sleep quality, and ease migraines
- What are the potential side-effects
- And much more!

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