



Breakthrough Depression Solution: A Personalized Model for Relief from Depression: Mastering Your Mood with Nutrition, Diet and Supplementation (Paperback)

By James Greenblatt

Sunrise River Press, 2016. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. The ideas as to what causes depression are not based on strong science, and our treatments are not working nearly as well as they should. Psychiatry is in crisis. The usual treatment mode (typically based solely on a subjective psychiatric examination and construction of a symptom list) often leads to psychiatrists blindly searching for a medication that might work. Other factors such as nutrition, toxins, hormones, allergies, biochemical risks, and medical disorders are typically ignored. No amount of changing this approach will work because the basic underlying concepts are wrong. We need an entirely new way of looking at patients. We must stop treating them according to lists of subjective symptoms, and we must stop acting as if one person were the same as the next. Instead, we must start seeing patients as individuals and then diagnose and treat their disorders accordingly. James Greenblatt, MD, a pioneer in the field of integrative medicine, has been successfully treating patients with nutritional and metabolic therapies for more than twenty-five years. In this book, he provides a personalized model of integrative medicine for mental health that can result...



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