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Titolo	Mind of Your Own, A : The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives
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Sommario/riassunto	<p>Depression is one of the UK's leading causes of disability. One in four women in their 40s are prescribed antidepressant drugs BUT depression is a sign of malfunction of the body - not in the brain and it can be treated with simple lifestyle interventions. The UK's mental well-being is in a state of crisis - psychiatric drugs are overprescribed and the causes of depression and anxiety oversimplified as a genetic and brain malfunction. This book debunks the myths and sets out a natural cure for depression, proving that low serotonin levels are not the primary cause of depression, but that inflammation is the root cause and this can be treated by way of lifestyle changes. The book explores the truth about depression, including the latest science and how our genes express themselves through the food choices we make, as well as Dr Brogan's four-week plan with menus. Written in a lively style and laced with compelling scientific proof, this groundbreaking book proves that symptoms of depression are often markers of an underlying problem originating outside the brain which can be effectively treated without pharmaceuticals.</p>