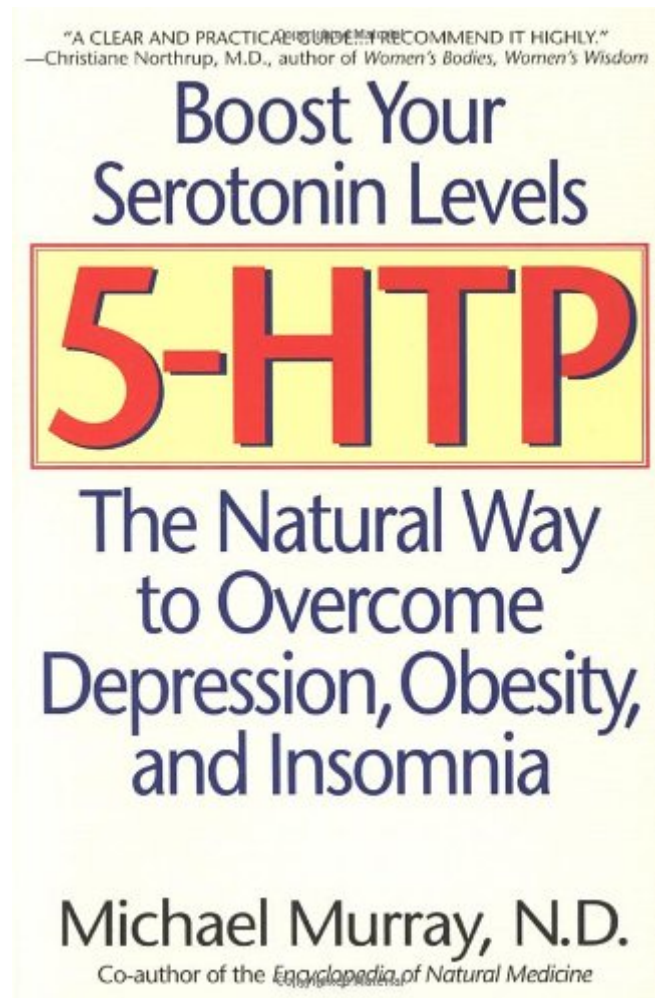


## 5-HTP: The Natural Way to Overcome Depression, Obesity, and Insomnia PDF



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5-HTP: The Natural Way to Overcome Depression, Obesity, and Insomnia by Michael Murray  
ISBN 0553379461

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Written by one of America's leading naturopathic doctors, **5-HTP** explains how this natural amino acid can safely and effectively regulate low serotonin levels, which have been linked to depression, obesity, insomnia, migraines, and anxiety.

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