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The Antidepressant Survival Guide: The Clinically Proven Program to Enhance the Benefits and Beat the Side Effects of Your Medication

Robert J. Hedaya

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"Now patients can have the best of both worlds -- freedom from depression and freedom from side effects. Dr. Robert Hedaya offers a wealth of wisdom drawn from years of clinical experience, research, and teaching. This book is a much-needed lantern in the darkness."
-- Norman Rosenthal, M.D., author of **St. John's Wort: The Herbal Way to Feeling Good**

* Restore the vital vitamins, minerals, and hormones necessary to maintain good health.
* Optimize your body's metabolic system.
* Restore your ability to experience pleasure in life.

An estimated twenty-five million Americans take antidepressants to combat depression, but most continue to cope with a host of debilitating side effects that equal, and sometimes outweigh, the medication's obvious benefits. Many doctors consider side effects such as weight gain, lethargy, and sexual dysfunction to be necessary evils. Finally, there is a doctor who refuses to trade a patient's total well-being for the treatment of depression.

Clinical psychiatrist Robert J. Hedaya, M.D., has developed a comprehensive mind-body program to restore lost vitality and sex drive and control weight. A Washington Post bestseller in hardcover, his book offers a proven program of nutrition, exercise, stress reduction, and hormone supplementation that not only lessens the side effects of antidepressants but enhances their benefits as well. Now everyone can benefit from the prescription that has worked wonders for his own patients.

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