

Alchemy of the Mind

Alchemy of the Mind offers an engaging and informative look into happy and sad brain chemicals. Whether you suffer from stress, anxiety, depression or addictions, just one pill may not always be the solution. Change your brain with targeted nutritional supplementation using the self-help tools found in this book.

Vanita Dahia reveals the Mind-bending power of neurotransmitters in depression and mood. *Alchemy of the Mind* uncovers the brains' interconnectedness with sex, gut, stress, toxins and addictions. Your biology is in your biochemistry!

In this book, you will find:

- *the integration of mind, body and brain*
- *the play between serotonin, stress and hormones*
- *underlying causes of mental health*
- *natural options to antidepressant therapy*

This is a must read for anyone interested in the science of the mind.

This is your brain changer!



Vanita Dahia is an integrative medicine clinical consultant pharmacist, naturopath and nutritionist with more than 30 years expertise in compounding pharmacy and herbal medicine. She's a firm believer that modern pharmaceutical medicine can be combined with herbalism, nutritional and functional medicine, meditation and many other natural techniques to achieve the best health outcome.



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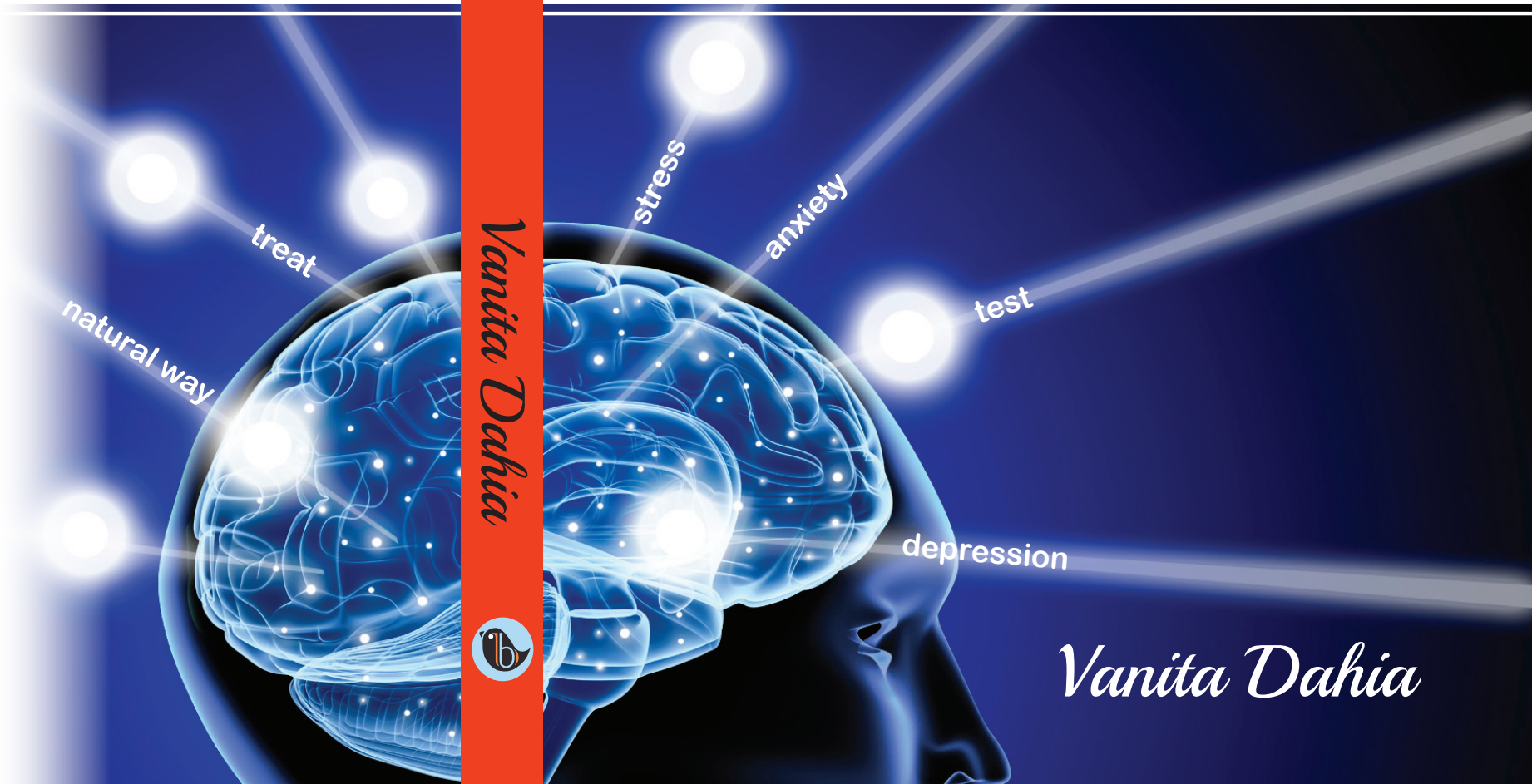
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Manage Your Mind Naturally



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