



When Your Body Gets the Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much

Marie-Annette Brown, Jo Robinson

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Millions of women don't feel their best and don't know why. They're not outright depressed, but they aren't really happy either. They eat too much or have gained weight lately. They find it hard to concentrate or have trouble sleeping. They feel tense, anxious, or irritable, or they're highly sensitive to criticism. They're tired and not very interested in sex (or even everyday life).

When Your Body Gets the Blues offers a clinically proven solution. A simple, drug-free treatment known as the LEVITY program--Light, Exercise, and Vitamin Intervention TherapY--can help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose unwanted pounds--in 8 weeks or less!

The author's easy-to-follow program includes self-quizzes, tips for increasing exposure to light and getting mood-elevating exercise even on dark or rainy days, and six recommended vitamins and minerals proven to relieve the Body Blues.

Marie-Annette Brown, Ph.D., R.N., tested the LEVITY program on real women, and they improved significantly--far more than women who took placebo pills. In fact, many participants cut their feelings of depression in half.

One woman who completed the LEVITY program said, "I know that if I ever feel blue again, I have my own way of feeling better--won't have to run to my doctor for a prescription."

All it takes is a small investment of 20 minutes and a few pennies a day. With this clinically proven program, any woman--young or old, active or inactive--can regain control over her mood and her life.



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