

**The Natural Prozac Program: How To Use St. John's Wort,  
The Anti-Depressant Herb**

**By Jonathan G. Zuess**

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<http://www.essentialoilsus.com/natural-antidepressants/>

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<http://www.amazon.it/The-Natural-Prozac-Program-Antidepressant/dp/060980152X>

A look at how antidepressants work, why we get depressed and what can be done with natural supplementation. Detox Program; Baseline; Natural Anti-Aging Program;

<http://jonbarron.org/article/depressed-antidepressants>

Scientifically proven and easy to follow, Dr Joel Robertson's groundbreaking lifestyle program makes a significant advance in treating and overcoming depression and

<https://www.overdrive.com/media/245434/natural-prozac>

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<http://www.antiqubook.com/boox/robstr/books114000.shtml>

Huperzine shows promise as an Alzheimer s Drug. St. John s Wort is a natural Prozac. as Prozac and other anti-depressant drugs in natural herb used

<http://brainathlete.com/wp-content/uploads/2012/08/Enrich-Your-Memory-With-Vitamins.doc>

11 Natural Treatments For Depression: An MD s Tips For Skipping The Prozac. Dr. Lissa Rankin examines natural treatments for depression.

<https://www.psychologytoday.com/blog/owning-pink/201103/11-natural-treatments-depression-md-s-tips-skipping-the-prozac>

10 Natural Depression He's a psychiatrist and director of the Depression Research and Clinic Program at UCLA. Depression Myths & Facts About Antidepressants.

<http://www.webmd.com/depression/features/natural-treatments>

Tips for Growing St. John's Wort; St. Johns Wort; Natural Therapy. St. John s Wort has been used to treat many conditions anti-inflammatory, anti-viral

<http://goodreviewer.com/2015/07/03/st-johns-wort/>

I've heard natural remedies for depression, such as St. John's wort, can work as well as antidepressants. Is that true? Answers from Daniel K. Hall-Flavin, M.D.

<http://www.mayoclinic.org/diseases-conditions/depression/expert-answers/natural-remedies-for-depression/FAQ-20058026>

activity in isolated rat brain homogenates was felt to account for anti-depressant Zuess J. The natural prozac program the use of St. John s Wort in

[http://www.academia.edu/543559/St.\\_Johns\\_wort](http://www.academia.edu/543559/St._Johns_wort)

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(author of The Natural Prozac Program), agrees to your use of St. John s Wort, wort is NOT a popular OR a widely used anti-depressant in the medical

<https://barbadosunderground.wordpress.com/2010/07/08/points-to-ponder-david-thompson/>

Depression, at a minimum, can offer us some impetus to examine and change our lives. Take a closer look at antidepressants and some natural alternatives.

<https://www.womentowomen.com/emotions-anxiety-mood/antidepressants-alternatives/>

Sep 14, 1997 JOHN'S WORT AN HERBAL OPTION TO ANTI anti-depressant, do not add St. John's wort to the regimen wrote ``The Natural Prozac Program"

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Slippery Elm St. John s Wort Stevia Suma many natural remedies, such as St. John s wort for s disease concluded that the herb <https://www.scribd.com/doc/139897625/The-Natural-Pharmacy>

Renew Your Nerves with a Safe Anti-depressant Saint Johns Wort a month to purchase their Natural antidepressant herbal St John's Wort tea and have [https://middlepath.com.au/plant/Saint-Johns-Wort\\_Hypericum-perforatum\\_magic-herb.php](https://middlepath.com.au/plant/Saint-Johns-Wort_Hypericum-perforatum_magic-herb.php)

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anti-depressants: All Results | In Stock | New Releases Natural Prozac: Learning to Release Your Body's Own Anti-depressants. By Joel Robertson,  
<http://www.fishpond.com.au/c/Books/q/anti-depressants>

Herbal Relief for Depression Herbal Relief for Depression. A new study shows the herb St. John's Wort might be (author of The Natural prozac program),  
<http://www.althealth.co.uk/help-and-advice/miscellaneous/depression4/>

Natural Prozac: Learning to Release develop a tailored program of diet and exercise that will restore natural balance to the brain's chemistry  
<http://www.amazon.com/Natural-Prozac-Learning-Release-Anti-Depressants/dp/0062513540>

the Greek physician Hippocrates was one of the first to document therapeutic uses of St. John s wort (SJW known anti-depressant St. John s wort  
<https://www.scribd.com/doc/171708572/SJW>