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Part 3 - The Use of Natural Supplements in the Treatment of Bipolar Disorder

Herbal Remedy : Herbal Treatments for Bipolar Children

Natural Treatment for Depression- Light Therapy for Depression and Seasonal Affective Disorder

Natural Medicine Guide To Bipolar

Eliminate all sugar, gluten, artificial sweeteners, fried foods (toxic trans fats), fast foods, and possibly dairy. Neurotransmitters are made from amino acids like tryptophan (serotonin) and tyrosine (dopamine) and you also need Vitamin C, zinc, and vitamin B6 to synthesize them.

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Eliminate all sugar, gluten, artificial sweeteners, fried foods (toxic trans fats), fast foods, and possibly dairy. Neurotransmitters are made from amino acids like tryptophan (serotonin) and tyrosine (dopamine) and you also need Vitamin C, zinc, and vitamin B6 to synthesize them.

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