



Change Your Food, Change Your Mood: A Nutrition-Based Approach to Reducing Stress, Banishing the Blues, and Feeling Great

Janet Maccaro PhD CNC

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Could how you feel be linked to your last meal? You bet! Nutritionist Maccaro empowers you to fight back against stress, depression, anxiety, anger, and addiction by replenishing your body with foods and supplements that enhance your mood. Learn how to stock your kitchen with brain-balancers, hormone-helpers, stress-busters, sleep-enhancers, energy-boosters, and more!

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