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The Serotonin Power Diet, The pesky, and sometimes almost frightening, need to eat brought about by antidepressant use goes away when serotonin is made.

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### **New diet focuses on boosting serotonin levels**

Jan 25, 2011 The weight loss program is based on harnessing the power of serotonin so you can eat less and lose weight, said Frusztajer. The key to doing that is

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