



Lifting Your Depression: How a Psychiatrist Discovered Chromium's Role in the Treatment of Depression (Paperback)

By Malcolm Noell McLeod

Basic Health Publications, United States, 2009. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. Dr. McLeod's discovery that chromium, an insulin-sensitizing trace mineral, was more effective and faster acting in some patients than even the strongest antidepressant drugs, was met with skepticism when first announced. Dr. McLeod eventually derived and explanation for chromium's powerful therapeutic effect and the medical and scientific communities have begun to confirm his pioneering findings.



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