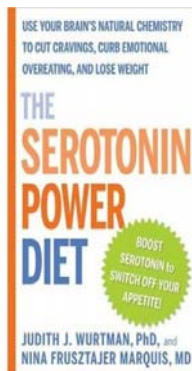




Nina Frusztajer Marquis, MD is a physician with expertise in wellness and the co-founder of Adara Weight Management. Dr. Marquis studied the epidemiology of hypertension and received her Masters degree in Nutrition from Columbia University where she conducted peer-reviewed published studies on the relationship between nutrient intake and stress. She further specialized in the impact of nutrition and lifestyle on the onset of disease and overall well being by receiving her medical degree from the George Washington University School of Medicine followed by postgraduate training and medical practice in internal medicine and pathology.

In addition to her clinical expertise, Dr. Marquis is a certified professional life coach with years of experience in wellness and stress reduction. Through speaking engagements to the medical community and the general public, the media (print and radio), and individual consulting, Dr. Marquis helps people prioritize and organize their time, improve sleep, adapt relaxation techniques, and achieve their goals. Dr. Marquis has been practicing yoga since 1985 and teaching yoga since 2000.



About the Book

The easiest way to lose weight is to use your brain.

Here's why: The brain contains the switch that turns your appetite on and off.

Serotonin, called the satiety or satisfaction chemical, is the brain chemical that turns off your eating. To lose weight you have to know how to activate the "off button" before you either overeat or chose foods that are not on your diet. Our book will show you how to boost serotonin to stop overeating, to quiet food cravings, and to experience feelings of satisfaction and comfort.

You don't need to take medication or herbs or special supplements to boost serotonin. All you need to do is follow the simple meal and snack plan in **The Serotonin Power Diet** and your brain will produce more serotonin. And within hours of following the food plan, you will find yourself feeling full, even after eating diet-size portions of meals. Your cravings will disappear. And for an added bonus, your mood will be better. You'll get this extra benefit because serotonin is also the "good mood" brain chemical.

Nature gave us a simple way to control our eating and balance our mood just by eating the right foods. During our years of research at the Massachusetts Institute of Technology, we discovered the connection between eating, emotions and serotonin. By using your brain's natural chemistry, you can:

- ❖ Turn off appetite by triggering more serotonin before meals
- ❖ Stop the universal carbohydrate craving in the late afternoon by triggering more serotonin before the cravings begin
- ❖ Prevent emotional overeating by triggering serotonin during those stressful times
- ❖ End the overeating that comes with the use of antidepressants by making the brain produce more serotonin