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*The Breakthrough Depression Solution* Integrative medicine for mental health. James M. Greenblatt, M.D., a dually certified child and adult psychiatrist, is a pioneer in integrative medicine.

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After reading *Breakthrough Depression Solution*, it is unlikely that you will ever again think of mental states or conditions as unrelated to the whole person. This is an important concept that is given sound treatment by the authors. I recommend that practitioners of all related disciplines look into this book, but further, that

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*The Breakthrough Depression Solution: A Personalized 9-Step Method for Beating the Physical Causes of Your Depression* by James M. Greenblatt (Goodreads Author) 4.07 ⭐ Rating details ⭐ 14 Ratings ⭐ 5 Reviews It is estimated that 17 million Americans suffer from depression, and in 2008, 164 million prescriptions were written for antidepressants, earning the pharmaceutical industry nearly \$10 ...

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### **The Breakthrough Depression Solution: A Personalized 9**

James M. Greenblatt, M.D., a professor of psychiatry at Tufts University School of Medicine, is the author of many books including *The Breakthrough Depression Solution*. In Print:

### **Psychological Consequences of Vitamin D Deficiency**

•••The authors of *Breakthrough Depression Solution* are quick to successfully establish the two central tenets of the book: that everyone is individual in their makeup, and that depression is not restricted to the

skull-based brain, but is related to the wider interplay of the whole body. The principal author, Dr.

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Depression cannot be seen, heard, or felt during a physical exam. Yet depression is a life-threatening, life-robbing, and disabling disorder. According to the World Health Organization, it is the leading cause of disability worldwide. Modern medications are effective in only 33 percent of patients who seek help for depression.

**Breakthrough Depression Solution - integrativepractitioner.com**

In The Breakthrough Depression Solution: A Personalized 9-Step Method for Beating the Physical Causes of Your Depression, Dr. James Greenblatt, a pioneer in integrative medicine and dually certified child and adult psychiatrist, lays out a proven approach to identifying and healing the physical contributors to your depression.

**The Breakthrough Depression Solution: A Personalized 9**

Individual, personalized understanding of inflammation and its contributions to the physiology of mood disorders is a critical, but often neglected component of integrative therapies for depression.

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