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## Brains Off the Rails

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Solutions of natural medicines to nourish the brain and prevent avoid pathologies, respecting the body's physiology and the psyche's mechanisms.

This book proposes natural alternatives to the psychotropic drugs so commonly prescribed, whose effectiveness is sometimes questionable and whose side effects are always undesirable. The author reminds us that herbal remedies and other specific supplements are the most natural solutions for boosting the brain, limiting the body's production of waste, preventing the development of certain pathologies, and returning the psyche to its proper balance.

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Sales in France: 10,000 copies