

**THE GROUNDBREAKING
ANTIDEPRESSION DIET AND BRAIN PROGRAM**

THE

OMEGA-3

CONNECTION

- Why omega-3s are essential for mental health
- The remarkable antidepressive powers of fish oils, flax oil, and omega-3 supplements
- Safe and effective supplements for pregnancy and postpartum depression

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Omega 3 Connection The Groundbreaking Antidepressant Diet And Brain Program

Brendan G. Carr



Omega 3 Connection The Groundbreaking Antidepressant Diet And Brain Program:

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