

"Hypericum & Depression"

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Hypericum is the herb *Hypericum perforatum*, also known as St. John's wort (wort means "plant"). Hypericum has been used for thousands of years as a medicine.

In *Hypericum & Depression*, two noted psychiatrists report on the recent medical research that could change the way depression is treated in America. (In Germany, hypericum accounts for more than fifty percent of the antidepressant market. Prozac has two percent.)

In a simple, straightforward style, the authors explain what depression is, how to know if one is depressed, the medical effects of hypericum on depression, and where to find research-grade hypericum (as not all hypericum supplements are alike).

Also included are summaries of selected medical studies on hypericum and depression.

If you know anyone who is depressed-or if you think you may be depressed yourself-this book is must reading.

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