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How to increase serotonin with food

http://www.youtube.com/watch?v=AsjSjQ1YlXE

Steroids & their effects on brain

http://www.youtube.com/watch?v=Boy2B1oCnWs

Pre & probiotic discussion - yes it is advertising a product but it is a great discussion

http://www.youtube.com/watch?v=PEIn16Xeb-o