



- B6, one capsule a day.
- Vitamin C and Omega-3 fatty acid-rich foods with more complex carbohydrates (Serotonin levels can be controlled through diet and supplementation and these foods will help).
- Tissue salts, which are wonderful for restoring the salts that live in your cells but become depleted because of the hormonal imbalance precipitated by the stress of divorce. They can be found in most health food shops. Tissue salts are available in homeopathic tablets that dissolve on the tongue. They are available individually as described below:
 - Tissue salt # 12: SILICIA: This tissue salt will soothe irritation and frayed nerves or excessive anger.
 - Tissue salt # 6: KALI PHOSPHATE: This will help if you are feeling mentally and physically exhausted, sleep-deprived, anxious and stressed.
 - Tissue salt # 4: FERRUM PHOSPHATE: This will boost your immune system, which takes quite a beating during divorce.
 - Tissue salt # 2: CALCIUM PHOSPHATE: To alleviate that pale and gaunt look, palpitations, sadness and poor healing and recuperation.