

# 10 Foods For Fighting Depression



Blueberries



Salmon



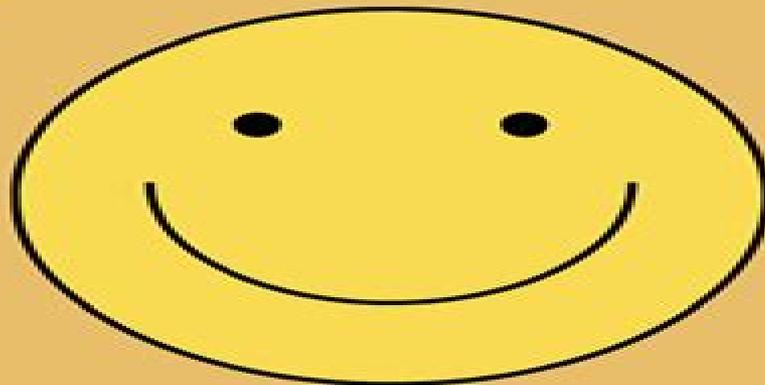
Asparagus



Eggs



Spinach



Green Tea



Almonds



Avocado



Dark Chocolate



Banana



# Fighting Depression

**R Sandford**



## **Fighting Depression:**

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