

Wellesley, MA (Newsworthy.ai) Wednesday Jan 17, 2024 @ 12:00 PM Australia/Perth —

[Dr. Tola](#) T'Sarumi, a recognized psychiatrist and emotional wellness strategist, offers the latest TMS Therapy as a fresh healing procedure for those suffering from depression. TMS Therapy, which is medicine-free and non-invasive, uses magnetic pulses to target the part of the brain involved in mood regulation.

A significant advantage of [TMS Therapy](#) is its convenience. The sessions, lasting only 20 minutes, can be conducted during a lunch hour with no post-treatment downtime. Additionally, NeuroStar, the leading brand used for TMS Therapy, is noted for its effectiveness and minimal side effects.

Besides TMS Therapy, Dr. Tola provides a [variety](#) of resources to enhance mental health and overall well-being. She maintains a thought-provoking blog that discusses issues related to mental health, wellness, living, and relationships, offering readers valuable advice. Additionally, Dr. Tola has wellness products for sale, aimed at improving emotional well-being.

Dr. Tola's work has earned her considerable recognition and media exposure. Her expertise is frequently cited in various media outlets. Her dedication to fostering a safe and caring environment for her patients has established her as a devoted and trusted professional in the field of psychiatry.



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