

[PDF] Prescription For Nutritional Healing: The A To Z Guide To Supplements: Everything You Need To Know About Selecting And Using Vitamins, Minerals, ... Healing: A-To-Z Guide To Supplements)

Phyllis A. Balch CNC - pdf download free book



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Description:

Completely updated for the 21st century-a convenient, pocket-sized edition of the nation's most trusted guide to holistic health.

Since its initial publication more than twenty years ago, millions of people have turned to *Prescription for Nutritional Healing* for answers to their holistic health questions. Of the guide's many invaluable sections, one of the most frequently referred to is the A- to-Z reference that lists and explains the most commonly available types of nutrients, food supplements, and herbs. This handy, portable edition makes it easy for readers to have that information at their fingertips. Drawn from the newly revised *Prescription for Nutritional Healing, Fifth Edition*, it includes:

- ?Recent scientific discoveries about vitamins B12, D, E, and more
- ?Current data on natural supplements like tryptophan (now back on the market)
- ?The newest information on herbs, such as tumeric, valerian, saw palmetto, St. John's wort, licorice, and kava kava
- ?Up-to-date research on the benefits of alternative healing and preventive therapies

Today, more people than ever are embracing nonmedical alternatives to a wide range of health issues. Whether one is looking for relief from a specific ailment, or simply looking to achieve and maintain optimum health, *Prescription for Nutritional Healing: The A-to-Z Guide to Supplements* quickly provides access to everything needed to design a complete nutritional program.

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