

## Supplement Your Prescription What Your Doctor Doesnt Know About Nutrition

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abstract using a question and answer format nutrition information is detailed with particular accent on what s wrong with the american diet americans are throwing away millions of dollars every year for vitamin pills and nutritional supplements that they can get for nothing in theform of breakfast lunch and supper the ideal diet is one composed of natural wholesome foods food processors and government agencies are responsible for the extensive use ofchemicals in our food supply

papers presented at regional and annual meetings of the society of actuaries

explains the biological and molecular mechanisms involved in defense against environmental toxic chemicals by the nutrients in our food concentrates on the detoxicating activity of the liver cytochrome p450 microsomal mixed function oxidase system together with the contribution of glutathione and the sulphur amino

acids in detoxicating conjugations and on the need to neutralize the harming effects of oxygen free radicals discusses chemical toxicity and nutritional needs dietary protection against reactive oxygen species chemicals diet and cancer clinical aspects and international problems and regulatory aspects

abstract food and nutrition facts are presented in a practical guidebook format for the general public and homemakers details are given on specific nutrient groups e g carbohydrates and fats protein and amino acids minerals and water vitamins and food groups e g milk and milk products protein foods fruits and vegetables grains food sources of fats and convenience foods guidance is provided for selecting a nutritionally balanced diet information also is included concerning recommended dietary allowances and the us recommended daily allowances and food labeling numerous charts including the nutritive values of foods and information on proper nutrition for babies and children are given throughout the text wz

includes proceedings of the congress of the society 1965

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