Prescription For Nutritional Healing Fifth Edition A Practical

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prescription for nutritional healing is the nation s 1 bestselling guide to natural remedies the new fifth edition incorporates information on a variety of alternative healing and preventive therapies and unveils new science on vitamins supplements and herbs with an a to z reference to illnesses updates include how omega 3 and exercise may help those suffering from alzheimer s current informat latest drug therapies for treating aids what you need to know about h 1n 1 virus nutritional information for combating prostate cancer leading research on menopause and bio identical hormones and much much more in the twenty years since the first edition was released the natural health movement has gone mainstream and the quest for optimal nutrition is no longer relegated to speciality stores with more than 800 pages of comprehensive facts about all aspects of alternative ways to wellness prescription for nutritional healing fifth edition unites the best of age old remedies with twenty first century science

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