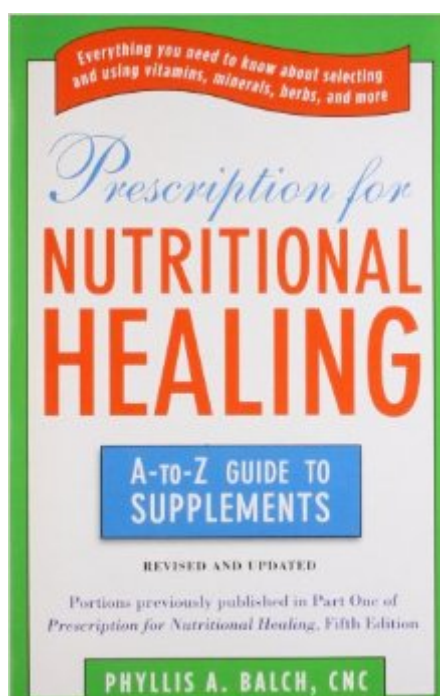


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# Prescription For Nutritional Healing: The A To Z Guide To Supplements: Everything You Need To Know About Selecting And Using Vitamins, Minerals, ... Healing: A-To-Z Guide To Supplements)



## Synopsis

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 turmeric, 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.

## Book Information

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## Customer Reviews

This useful guide provides basic information on a wide range of nutritional supplements, incorporating cutting edge findings in the fields of nutrition and supplementation. This updated

edition includes information on newer supplements and herbal remedies like MSM, IP6, colostrum, olive leaf extract and saw palmetto. In Chapter One: Nutrition, Diet and Wellness, the author provides the basics of nutrition, from the 4 basic nutrients to the micronutrients plus guidelines for selecting and preparing foods. This section includes an interesting article on phytochemicals (biologically active substances in plants that give them their color and flavour). The chapters that follow provide an overview of vitamins, minerals, amino acids and water, explaining their functions in the body and then providing a detailed discussion of the individual vitamins, minerals and amino acids. The chapter on water discusses various types like tap, artesian, bottled, sparkling, distilled and natural spring water. The chapter on anti-oxidants looks at a wide spectrum of substances, from Alpha-Lipoic Acid to Zinc. The next chapter deals with enzymes, their role in the body and how they interact with foods. This includes a list of commercially available digestive enzymes. Natural Food Supplements are discussed in detail, from Acidophilus to Yeast; this section includes entries on SAMe, Phosphatidylserine, MSM, Melatonin, Glucosamine, DHEA, CoQ10, Colloidal Silver, Creatine and Pregnenolone, providing the latest information. The last chapter is devoted to herbs, including essential oils, extracts, teas, tinctures and wines.

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