



DR. ATKINS' VITA-NUTRIENT SOLUTION

NATURE'S ANSWER TO DRUGS

*By the author of Dr. Atkins' New Diet Revolution and
coauthor of Dr. Atkins' Quick and Easy New Diet Cookbook*

Robert C. Atkins, M.D.

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Dr. Atkins' Vita-Nutrient Solution: Nature's Answer to Drugs



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THE Recovery POWER OF NUTRITIONAL SUPPLEMENTS Long a champion of complementary medicine and nutritional therapy, Dr. Robert Atkins, writer of the #1 best-seller Dr. Atkins shows you how to make a personalized program to help improve or regain your wellbeing through the use of combinations of nutritional supplements specifically made to help remedy or prevent a lot more than fifty common medical conditions, including arthritis, malignancy, diabetes, heart disease, or attacks. These vita-nutrients harness your body's ability to heal itself, rather than resorting to conventional medicines and invasive methods, and address the true causes of disease instead of temporarily alleviating symptoms, promoting longer-lasting and far better healing. Atkins shares vital information on a lot more than 120 health supplements, including:
The precise restorative powers of every nutrient
How to determine the perfect dosage schedule
How to obtain health supplements that are not used to the marketplace or can be found only in limited source
The formulation for a simple foundation of vita-nutrients that almost everyone needs every time
On top of that, Dr. In this extensive guide, Dr. Atkins' New Diet plan Revolution, presents the scientific basis for the use of vitamins, minerals, proteins, herbs, and hormones in the procedure and prevention of many of the chronic ailments that plague us today. Backed by cutting-edge scientific research, his recommendations are both safe and effective.



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WAY before its period & still the best I've read- indispensable I've been an Atkins fan for many years, such a smart and humble man, and this book continues to be my go-to book on health insurance and natural supplements. Best supplement information book ever. It carefully clarifies physiological and disease mechanisms, and the consequences of a broad array of healing foods, vitamin supplements, minerals, supplements, and herbs on both. For instance: HISTIDINE: Atkins, Robert C. Different- from Atkins' experience with different varieties of medicinal mushrooms to ayurvedic herbs and those used in Chinese medicine- and so much more. Note that the Atkins Diet ISN'T the subject of this review, though conditions that relate are scattered here and there (e.g., sugar as an ANTI-nutrient, fat such as for example MCTs and butter as good for you). Chapter 1 alone will probably be worth the cost of the book. Five Stars Informative!!" He wrote: "The best medical care will always emphasize enabling our bodies to heal themselves. both a traditional! Simon & unnatural pharmaceuticals used over the long term] when there are safer, equally effective alternatives [natural supplements that raise the body's ability to heal itself]?" He provides a cogent explanation as to why differing people need different health supplements in different amounts (and cannot necessarily derive what they want from their diet, even a healthful one, at least before homeostasis is normally achieved). This book is jam-packed with essential information, there's not really a wasted term in it. Lately, I attempted an experiment- I appeared up words in the index that are problems of current concern and discussion- they're almost all presently there and discussed in detail, e. It was promptly delivered and was as defined. Dr Atkins and JR Books . The Kindle edition is definitely a mess. Excellent materials but prepare to be disappointed in the KINDLE edition. Intriguingly, there are remedies for MS (e.g., regarding prebiotics, and enzymes, p. When's the last time you've heard of the forgotten Vitamin K.) The publication is very well arranged and the information, oftentimes, is vitally important because he will explain bad in addition to good. Will need to have book in your health library I find myself referring back again to this book so often and when I do I appreciate the knowledge Dr. Later, in the section on ailments, specific amino acids will be mentioned again along with other nutrients and health supplements indicated for a specific condition. I have provided several copies in paperback and decided to discover one in hardcover for my library.. Moreover, the book is founded on Atkins' professional practice, his treatment of a large number of patients (illustrative case histories are peppered throughout). And lastly, Dr. Atkins' reserve 'Vita Nutrient Answer' is almost 20 years old, it's STILL ahead of most everybody else. Also, potassium from products were a waste materials of effort since OTC pills only contain 3% of the RDA. Highest recommendation! I've read it cover to cover, and also have referred to it a large number of times since. The world lost a great man when he died (from an accident My nutrition Bible! I bought one for every of my brothers and all my children. I cannot say plenty of because of this book. The globe lost a great guy when he passed away (from a major accident. The book is incredibly well-written and well-organized, and meticulously cross-referenced. He provides recommended dosages -- information that is often without other resources. The best thing to me is usually realizing that I may never have to turn to pharmaceuticals to correct many issues that actually grow to be merely a lack of a certain nutrient. Buy it and examine it and keep it near by for reference! I am 73 and do not take any prescription drugs, because I have no need. Understanding is power. This publication is packed with understanding of what you should be healthy. I am referring to things such blood pressure and cholesterol complications as well as allergies and asthma and skin or eye problems. The only problems I couldn't discover in the index had been pH (alkaline-acid imbalance), gluten, or Celiac's disease (though they may be there someplace).. God rest his soul, thanks doc STILL, after almost 20 years.. Even though Dr. I

fact, it was in completely new, perfect condition just as it would have been back 1998. I was recently seeking for this and decided I would like to have it with me when I need it digitally so I simply purchased the Kindle edition. There are like discussions of the causes of inflammation, the need for gut bacteria and probiotics/prebiotics on autoimmune and mind function, the importance of magnesium and potassium, environmental poisons and detoxification, yeast, processed foods, FOS (Yacon), DMSO, hyaluronic acid, BCAAs, you name it. It appears to have been haphazardly scanned rather than at all proofread for mistakes. He realized the need to eat the correct foods for this important nutrient. It is comprehensive and detailed, but obvious, lively, readable. These are no little maladies. Dr. Atkins' Vita-Nutrient Solution (Kindle Location 3458).e. Schuster, Inc.. Kindle Edition. Granted, I could read through the errors but at price paid I expect a relatively error free digital item., an exhaustive debate of fats, including fatty acids, MCT essential oil, lauric acid, coconut oil, omega 3s/6s/9s, trans fat, etc.. Throughout Atkins details what clinical research has shown on effectiveness (all research/resources are listed in the appendix, by health supplement). How can it be befitting the first treatment of preference to become something that's potentially harmful [i. JR Books delivers. Turmeric the spice, is popular these days but learn why it's rather poor for therapeutic use and why he recommended Curcumin instead.g. I love it. This book by Dr Atkins, God rest his soul, is similar to a vitamin bible and so much more. This is actually the fourth copy I have purchased over time as it is useful and easy to read. You can look up practically anything by its name, its function, or by the problem it treats. Furthermore, it provides enabled me to overcome many ailments and discontinue dangerous pharmaceuticals by solving and eliminating the problem, not just masking over them. (2011-05-24). The set of interesting health topics and nutrient related information is truly astounding. Of course there are no miracle treatments, hard work and elimination of many foods along with close contact and interaction with a like-minded doctor. For example, in the chapter on proteins they are discussed with regards to their work as well as how supplementation benefits person illnesses. Learn why it's so important and what foods own it. Considering the book was printed back in 1998 he was years prior to the present day medical community. For example he knew that carrying out a low sodium diet really missed the whole point when related to reducing blood pressure. Blood pressure medicine often just made the underlying cause only worse (see Drug Muggers: Which Medications Are Robbing YOUR SYSTEM of Essential Nutrients--and Natural Ways to Restore Them by Suzy Cohen (Feb 15, 2011) for cross references. Often over-looked by the medical establishment was the need for potassium in the diet. Comprehensive, rigorous, great- wouldn't end up being without it. I've read about 10 webpages and I've noted over 20 spelling errors only. 236) and other diseases Atkins discusses and personally utilized and deemed successful that I've not seen elsewhere. If you are like me, probably a few times. Atkins really had. Found this initial edition hard bound book from JR Books. Along with using his diet books and this book, I have overcome diabetes, weight problems, chronic irritation, insomnia, and others. I'm glad I personal this important book. This is my number 1 nutraceutical medical reference. He will pay homage to mentors Adele Davis, Gaylord Hauser and Carlton Fredericks, and explains how medicine can and should be truly complementary, with diet and supplements providing the first type of protection and pharmaceuticals used in crises, short-term fixes, utilized mainly to "block or abruptly modification a bodily function.! This book remains before it's time, is simply as beneficial today as his low carbohydrate diet plan is, and deserves as much praise.... We had the paperback of the book gifted if you ask me in 1999. Atkins provides recommendations for creating a personalized program of your own (and addresses every conceivable issue related thereto). right on great for

everyone So helpful This book is indeed good that I used it so much the pages started to fall out n I purchased another one. Unlike many books with a narrow concentrate or a specific perspective to tout, the reserve is definitely exhaustive, and research-based; A+A+A+A+A+ GREAT BOOK FROM AN EXCELLENT MAN! Though it was written in 1998 it is still as valid as your day it was written. While I product the info with updated research, I still possess the initial one I made notes in and occasionally buy another duplicate to share with interested close friends. Atkins discusses health background and how vitamins and other supplements came to be devalued in the first place. Five Stars Very Good



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