

A CONCISE GUIDE TO BETTER HEALTH AND LONGEVITY

WHAT YOU MUST KNOW ABOUT

VITAMINS, MINERALS, HERBS & MORE

CHOOSING THE NUTRIENTS
THAT ARE RIGHT FOR YOU

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What You Must Know About Vitamins, Minerals, Herbs & More: Choosing the Nutrients That Are Right for You



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Almost 75 percent of health insurance and longevity is based on lifestyle, environment, and nutrition. Yet even though you adhere to a healthful diet, you probably don't obtain all the nutrients you have to prevent disease. Pamela Smith explains how you can maintain health through the use of nutrients. In **EVERYTHING YOU Must Know About Vitamins, Minerals, Herbal remedies & More**, Dr. Part One of this easy-to-use guidebook discusses the average person nutrients necessary for good health. People without prior medical problems can turn to Part Three for their supplementation plans. Component Two offers personalized dietary programs for people with a multitude of health issues. Whether you need to keep good health or you want to overcome a condition, **EVERYTHING YOU GOT TO KNOW About Vitamins, Minerals, Herbal remedies & More**, can help you make the best options for medical and well-being of you and your family.



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