

Everything you need to know about selecting
and using vitamins, minerals, herbs, and more

Prescription for
**NUTRITIONAL
HEALING**

**A-TO-Z GUIDE TO
SUPPLEMENTS**

REVISED AND UPDATED

Portions previously published in Part One of
Prescription for Nutritional Healing, Fifth Edition

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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)



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Completely updated for the 21st century—a convenient, pocket-sized edition of the country's most trusted guideline to holistic health. Whether one is looking for relief from a particular ailment, or simply seeking to achieve and maintain optimum wellness, *Prescription for Nutritional Curing: The A-to-Z Guideline to Products* quickly provides usage of everything needed to design a total nutritional program. Latest scientific discoveries about vitamins B12, D, E, and more? Current data on natural supplements like tryptophan (now back out there)? Drawn from the newly revised *Prescription for Nutritional Curing, Fifth Edition*, it includes: ? Of the guide's many invaluable sections, probably the most regularly referred to is the A- to-Z reference that lists and explains probably the most commonly obtainable types of nutrients, food supplements, and herbal remedies. This helpful, portable edition makes it easy for readers to have that information at their fingertips. The most recent information on herbs, such as tumeric, valerian, saw palmetto, St. John's wort, licorice, and kava kava ? Up-to-date research in the benefits of alternative healing and preventive therapies Today, more folks than ever are embracing non-medical alternatives to an array of health issues. Since its initial publication a lot more than twenty years ago, millions of people have turned to *Prescription for Nutritional Curing* for answers to their holistic health questions.



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books, perhaps a string? Good item. THIS Book is my textbook in educating myself about nutrition about supplements on the subject of minerals and all of the natural chemicals that compose our daily lifestyle. The 2011 and later versions are written by her husband and he's making changes that aren't good therefore I'd suggest locating the purchasing the 2010 version. What they're used for and suggested dosage . As a CNC I find Balch's work to be an inspiration. uptake, unless the problem is REALLY dire. You will certainly get your money's worth. Useful book for natural treatments Very informative. Great follow up. An excellent addition to the original book



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