

Prescription for Nutritional Healing: The A-to-Z Guide to Supplements

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Abstrak

Prescription for Nutritional Healing, now in its third edition, has long been America's bestselling book on natural health, with nearly 6 million copies in print. Prescription for Nutritional Healing: The A-to-Z Guide to Supplements draws on that respected resource to present authoritative information about some three hundred fifty of the most important supplements available today in a handy, pocket-sized format. Revised and expanded from the first edition, which sold nearly 400,000 copies, it covers how these supplements work, how to use them, and what to look for when choosing supplement products. Here is a straightforward, easy-to-understand guide to vitamins, minerals, amino acids, enzymes, antioxidants, phytochemicals, herbs, and more.