

The Healing Power of Vitamins, Minerals & Herbs: The A-Z Guide to Enhancing Your Health and Treating Illness with Nutritional Supplements

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Abstrak

This book contains all you need to know about enhancing your health with supplements. Over 90 ailments and more than 80 vitamins, minerals, and herbs covered by leading experts in the field. Easy to read easy to find, beautifully photographed entries. A comprehensive list of ailments with exactly the right supplements and dosages to treat each condition. A rundown of key benefits, warnings, and potential side effects of the most popular supplements on the shelves. Shopping tips, latest studies, and little-known facts about the supplements you use. Special instruction on how to create your own supplement regimen for maximum health. Handy guide to interactions between prescription drugs and supplements.