Synopsis
Completely updated for the 21st century—a convenient, pocket-sized edition of the nation’s most trusted guide to holistic health. Since its initial publication more than twenty years ago, millions of people have turned to Prescription for Nutritional Healing for answers to their holistic health questions. Of the guide’s many invaluable sections, one of the most frequently referred to is the A-to-Z reference that lists and explains the most commonly available types of nutrients, food supplements, and herbs. This handy, portable edition makes it easy for readers to have that information at their fingertips. Drawn from the newly revised Prescription for Nutritional Healing, Fifth Edition, it includes: ? Recent scientific discoveries about vitamins B12, D, E, and more ? Current data on natural supplements like tryptophan (now back on the market) ? The newest information on herbs, such as tumeric, valerian, saw palmetto, St. John’s wort, licorice, and kava kava ? Up-to-date research on the benefits of alternative healing and preventive therapies Today, more people than ever are embracing nonmedical alternatives to a wide range of health issues. Whether one is looking for relief from a specific ailment, or simply looking to achieve and maintain optimum health, Prescription for Nutritional Healing: The A-to-Z Guide to Supplements quickly provides access to everything needed to design a complete nutritional program.

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Customer Reviews
This useful guide provides basic information on a wide range of nutritional supplements, incorporating cutting edge findings in the fields of nutrition and supplementation. This updated
Know About the Healing Properties of Plants & Herbs, How to Grow and Harvest Them Pilgrim Tips & Packing List Camino de Santiago: What you need to know beforehand, what you need to take, and what you can leave at home. Don't Know Much About the Universe: Everything You Need to Know About the Cosmos Don't Know Much about the Universe: Everything You Need to Know about the Cosmos but Never Learned Rocks & Minerals of Washington and Oregon: A Field Guide to the Evergreen and Beaver States (Rocks & Minerals Identification Guides) Michigan Rocks & Minerals: A Field Guide to the Great Lake State (Rocks & Minerals Identification Guides)

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