

100 Super Supplements for a Longer Life



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著者: Murray, Frank

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Although humans can't live forever, life can be prolonged by paying more attention to diet, lifestyle, exercise, and the supplements that are the cornerstone of today's modern medicine. "100 Super Supplements for a Longer Life" highlights the many vitamins, minerals, herbs, amino acids, phytonutrients, and other natural substances that are being used to prevent and/or treat heart disease, stroke, cancer, high blood pressure, diabetes, Alzheimer's disease, aging, and other debilitating illnesses. The book includes the most up-to-date information from medical journals, scientific symposia, and other resources from around the world.

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