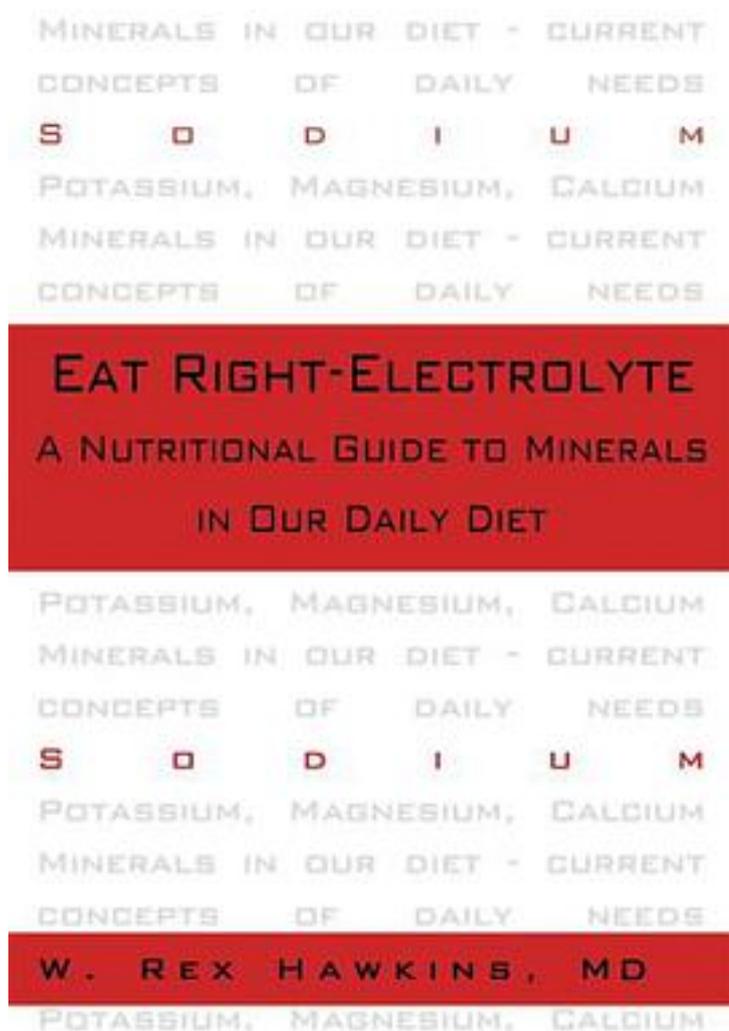


# Eat Right, Electrolyte



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著者:Hawkins, W.Rex

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Sodium, potassium, magnesium, and calcium are the primary electrolytes that regulate and preserve the health of body systems. Since those electrolytes come from our food as nutrient minerals, diet is the key mediator of electrolyte balance for the body. In this important, well-researched book, W Rex Hawkins MD presents persuasive evidence that the standard American diet does not provide an appropriate balance of electrolytes. The consequences are serious health problems such as hypertension, heart disease, osteoporosis, kidney stones, Crohn's disease, and more. With a clear, straightforward style Dr Hawkins reviews the nutritional research that documents the harmful effects of excessive sodium usage and of potassium, magnesium, and calcium neglect. He castigates our two-trillion-dollar food industry for the deliberate and well-camouflaged addition of sodium to foods and for their neglect of low-sodium alternatives. Writing from the perspective of a chemical engineer and vitreal-retinal ophthalmic specialist, Dr Hawkins helps the reader sort out the conflicting claims of fad diets such as that of Atkins and Suzanne Somers vs traditional food-pyramid recommendations. Full of essential information not readily available elsewhere, "Eat Right - Electrolyte" gives the consumer the knowledge to choose foods wisely and obtain optimal health by focusing on electrolyte content.

作者介绍:

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