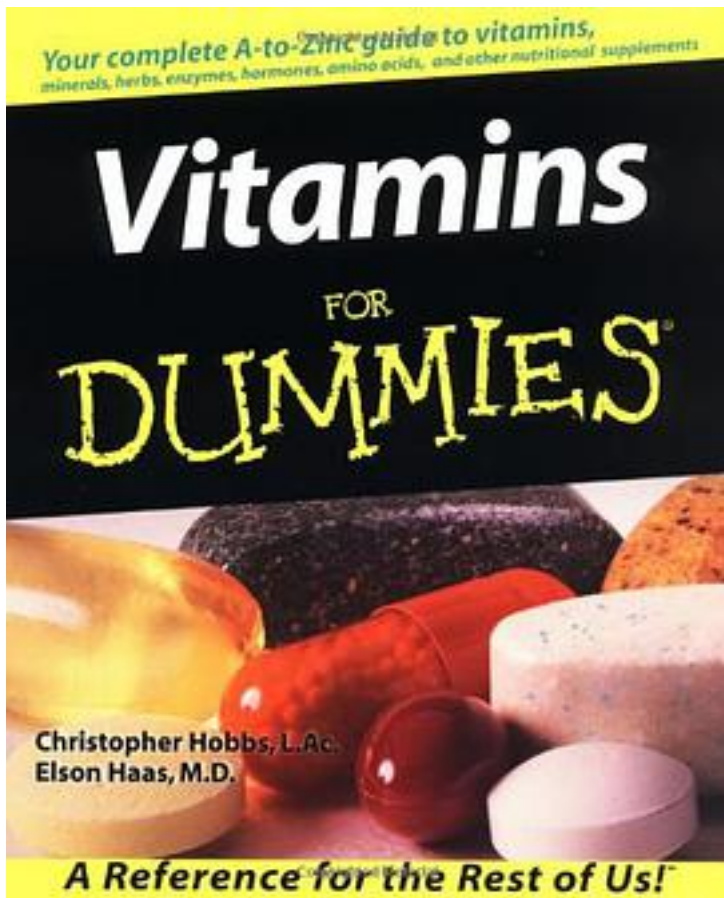


Vitamins For Dummies



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著者:Hobbs, Christopher/ Haas, Elson M.

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“Christopher Hobbs and Elson Haas...take a complicated field and...make sense of it.” -Ron Lawrence, MD, PhD, Director, Council on Natural Nutrition Don't forget to take your vitamins! It's good advice. But everybody's needs are different. Age, lifestyle, gender, ethnicity, diet, and habits all play a role in determining which vitamins

and minerals you need more or less of in your diet. Like traffic lights, vitamins help regulate your body's most basic functions at the cellular level. And just like those red, green and amber beacons, they must be synchronized-not too many or too few-to get you through your life's journey in good shape. Now Vitamins For Dummies shows you how to have green lights all the way. Confused by vitamins? Mystified by minerals? Can't tell the difference between ginkgo and ginseng? In this straight-talking guide, two experts cut through the confusion and help you: Get a handle on what each vitamin mineral and supplement does Create a personalized supplement program Understand the fine print on the labels Combat or prevent specific ailments Enhance memory, mood, and energy Slow the aging progress Drawing upon their years of experience in clinical practice as well as the latest scientific research into nutritional supplements, Chris Hobbs and Elson Haas, MD, tell you, in plain English, what you need to know to make informed decisions about which supplements you take. They cover: The ABCs of vitamins All about minerals Amino acids and proteins-the body's building blocks The importance of fats and oils Common supplements for digestion Super-foods and other great supplements The top 40 herbal supplements As an added bonus, Vitamins For Dummies features a quick-reference, A-to-Z guide to treatments for 90 common complaints. From acne to motion sickness to varicose veins, the authors describe complete healing programs that include vitamin, mineral and herbal supplements and lifestyle changes. Your complete A-to-Zinc guide to vitamins, minerals, herbs and other nutritional supplements, Vitamins For Dummies is your ticket to good health and long life.

作者介绍:

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