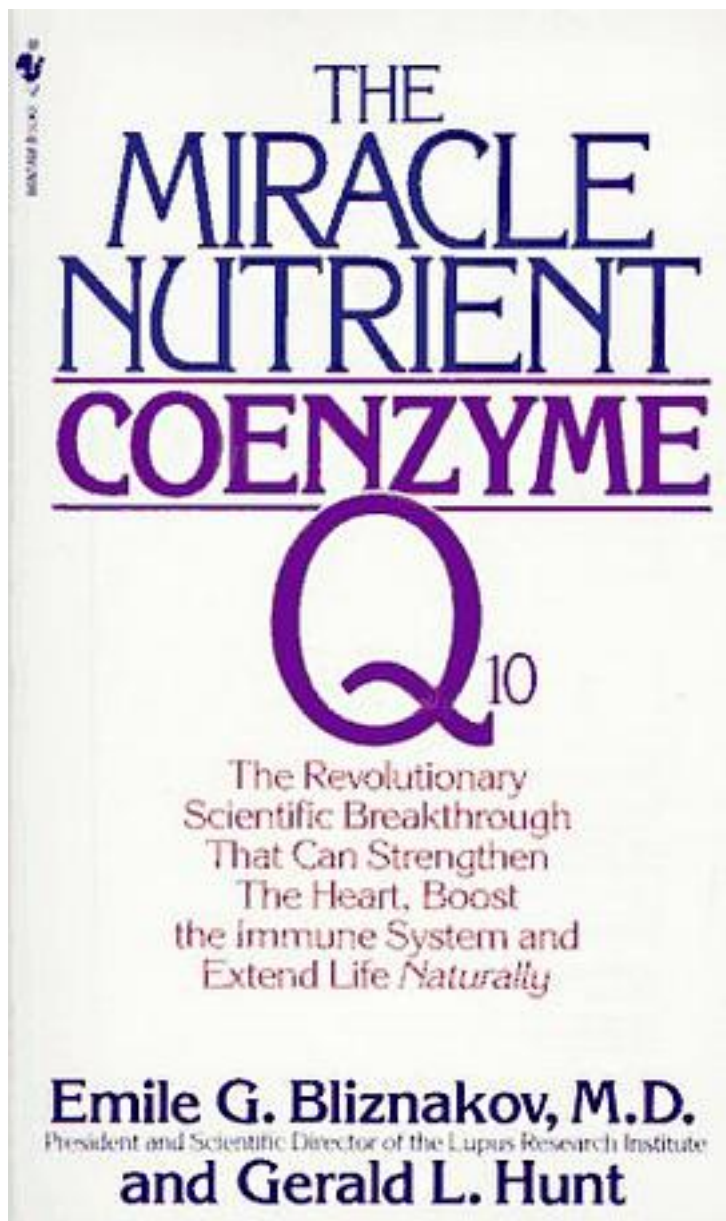


The Miracle Nutrient



[The Miracle Nutrient_下载链接1](#)

著者:Bliznakov, Emile

出版者:Bantam Dell Pub Group

出版时间:1995-3

装帧:Pap

isbn:9780553763133

CoQ10 is a natural nutrient essential to the life and health of every living cell. Without it, our bodies are unable to fight back against infections and disease. Unfortunately, many of us, especially as we age, lack sufficient CoQ10, putting us at risk of serious illness. Now Dr. Emile G. Bliznakov and medical writer Gerald L. Hunt tell the whole remarkable story of this life-preserving nutrient already hailed as the immune system miracle. They show that by supplementing your body's natural ability to supply CoQ10, you may dramatically reverse the effects of aging, poor diet, and decreasing health to:

Revitalize the immune system and aid in its defense against cancer infections.

Reverse the effects of aging naturally.

Protect and strengthen the heart and cardiovascular system.

Normalize high blood pressure without side effects.

Control or even reverse periodontal (gum) disease.

Energize your body and increase your tolerance for exertion.

Reduce weight naturally without dieting or drugs.

Updated to include the latest medical studies and complete with dietary lists and natural CoQ10 food sources, this important new book is the definitive new guide to CoQ10--the miracle nutrient produced from natural sources now available at pharmacies and health food stores nationwide.

From the Paperback edition.

作者介绍:

目录:

[The Miracle Nutrient_下载链接1](#)

标签

评论

[The Miracle Nutrient_下载链接1](#)

书评

[The Miracle Nutrient_下载链接1](#)