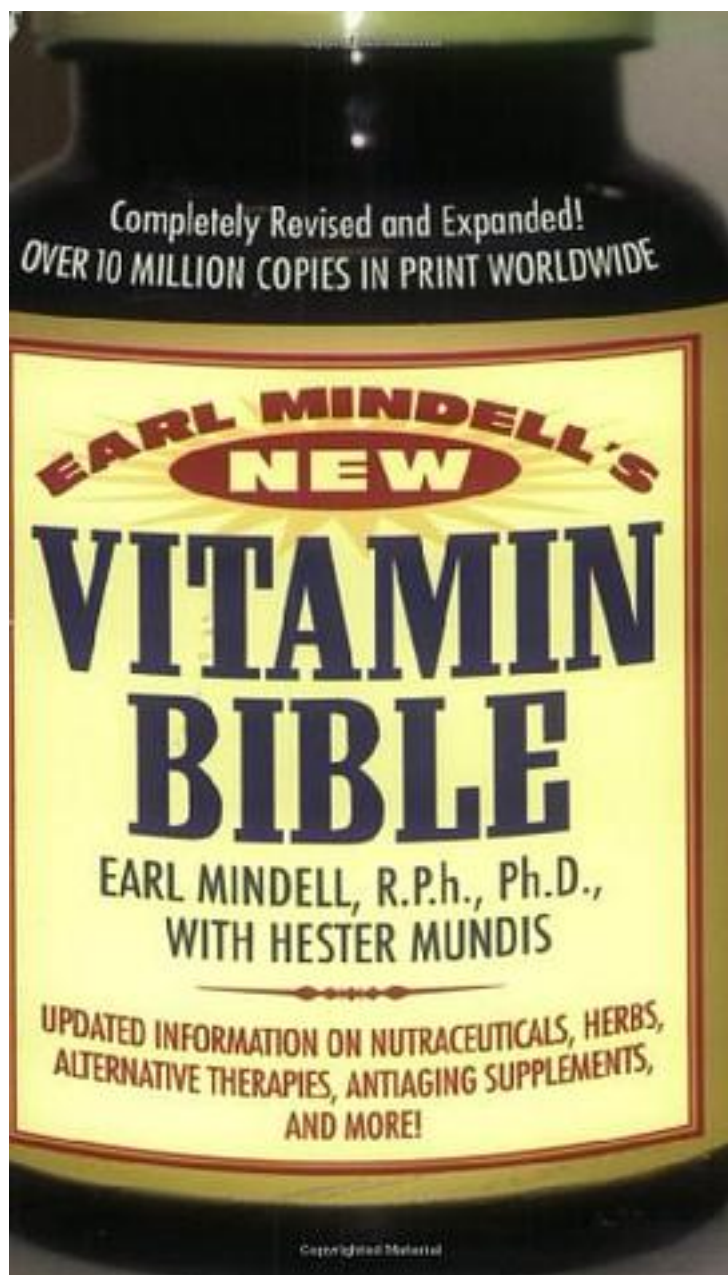


# Earl Mindell's New Vitamin Bible



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出版者:Grand Central Publishing

出版时间:2004-09-01

装帧:Mass Market Paperback

isbn:9780446614092

America's #1 Vitamin Book-With Extensive New Material, Special Sections, and a Total Guide to Good Health This classic guide has been completely updated to put the information you need at your fingertips: to live healthier, better, and longer. Discover: \* how to maximize the effectiveness of your vitamins and supplements-by taking them in the right combinations and avoiding problems \* new antiaging vitamins and supplements-they will keep your skin and body healthy and young-looking \* the art of personalizing your dietary regimen-to fit your lifestyle, your health profile, and even your job \* natural alternatives to hormone replacement therapy (HRT), Viagra, Prozac, and Valium \* expanded sections on nutraceuticals, homeopathy, and aromatherapy-and how to find the best practitioners in these fields \* healing regimens-for heart patients, stroke victims, diabetics, and arthritis sufferers \* new warnings-about dangerous drug interactions and "miracle cures." Plus! Expanded sections on herbal teas and tinctures, beauty aids, diets, salt and sugar intake, and new ways to boost your energy level, fertility, and sex life.

作者介绍:

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