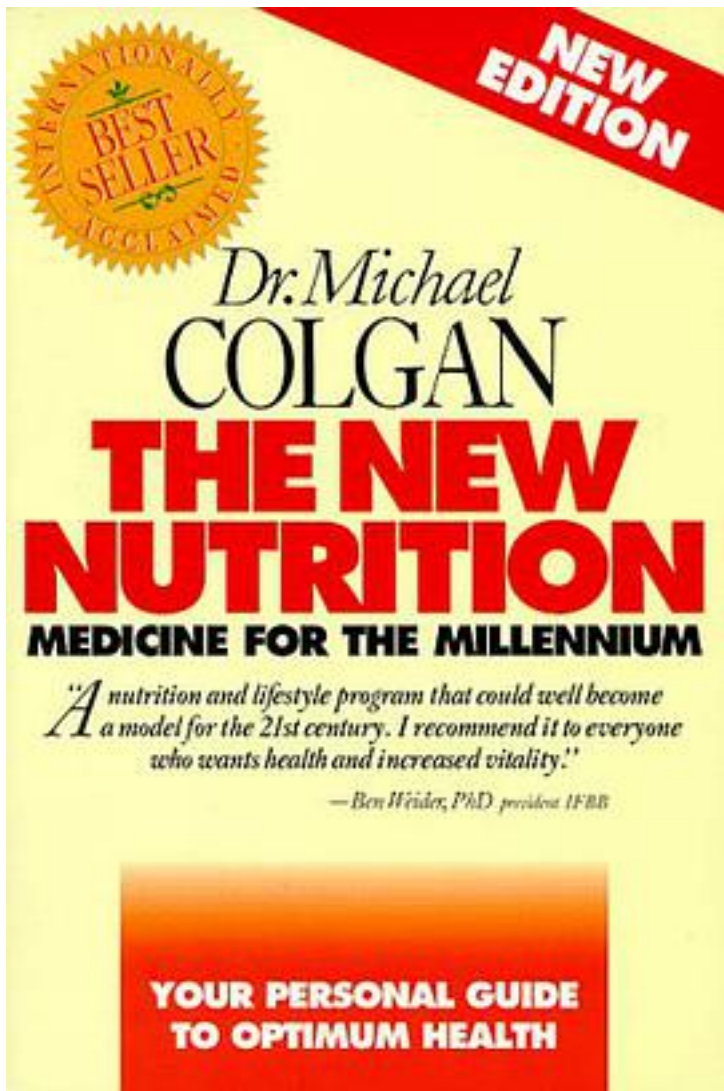


The New Nutrition



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Learn how to avoid degraded and polluted foods. Optimize your body functions by ingesting a precise mix of 59 nutrients. Readers will find out how to inhibit aging with antioxidants and discover why heart disease is a man-made plague in their pursuit of optimum health. This book presents a nutritional and lifestyle program that could become the model for the 21st. century.

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