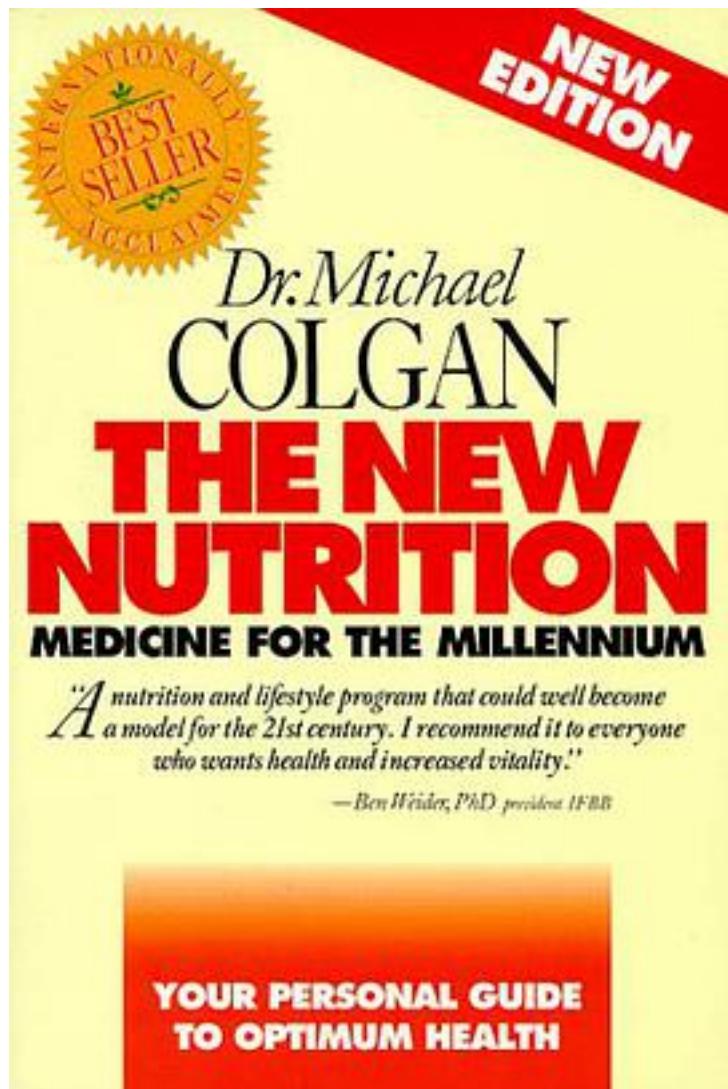


The New Nutrition



[The New Nutrition_下载链接1](#)

著者:Colgen, Michael

出版者:Apple Tree Pub Co Ltd

出版时间:1996-1

装帧:Pap

isbn:9780969527244

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.

作者介绍:

目录:

[The New Nutrition_ 下载链接1](#)

标签

评论

[The New Nutrition_ 下载链接1](#)

书评

[The New Nutrition_ 下载链接1](#)