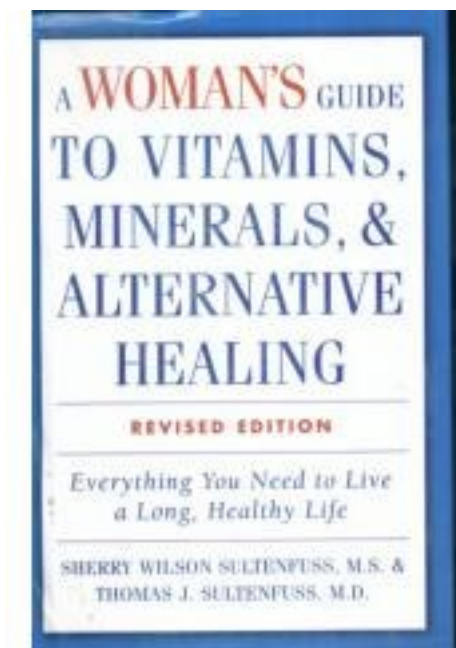


A Womans Guide to Vitamins, Minerals & Alternative Healing



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著者:

出版者:

出版时间:

装帧:

isbn:9781567314076

Introduction

WE REWROTE. THIS book, updating the scientific literature on vitamins, minerals, and herbs, to help the over-~8-year-old, healthy, nonpregnant woman. We have also included the expertise of practitioners who have shared some of their medical knowledge. Hopefully this review

will arm women with enough information to make intelligent decisions on nutritional choices, vitamin and mineral supplements, and medical options for "optional health."

Section I is an overview of vitamins and minerals and how to purchase them. Section II contains information on many of the most common vitamins, minerals, and herbs, and how they affect most women. Section III provides information on bones, cancer, estrogen and hormone replacement therapies, exercise, fish oil, food, heart, herbs, menopause, ~,Ms, skin, laser resurfacing, and weight. Section IV explores Chinese acupuncture, chiropractic, osteopathic, and traditional medical doctors. Section V lists the most recent recommended dietary, or daily allowances (RDAs) of vitamins and minerals, their best chemical form(s) and toxicity levels, and summarizes the recommended ranges of the vitamins and minerals from the reviewed literature. Also included is a summary of nutritional recommendations from the research.

作者介绍:

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