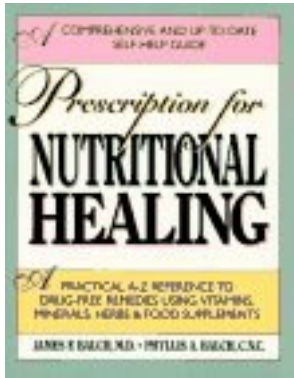


# Prescription For Nutritional Healing - A Practical A-z Reference To Drug-free Remedies...



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From Library Journal Written by a doctor and a nutritionist, this reliable guide offers up-to-date information on how to use nutritional, herbal, and supplemental therapies to combat health disorders. Disorders are listed alphabetically and described, with possible nutritional therapies evaluated. This reference also includes boxed inserts that provide in-depth coverage and the latest data on a variety of current topics, including controversial nutrients, new treatments, and theories. Thorough and inclusive, the book reflects the expertise of the authors. Recommended.- Marilyn Rosenthal, Nassau Community Coll. Lib., Garden City, N.Y. Copyright 1990 Reed Business Information, Inc. From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by Polla Paras One has to take this compendium with a grain of salt (which is not ingested). It lists aging as a disorder; menopause as a degenerative disease; and while it wisely advises the elimination of processed foodstuff, it rather recklessly prescribes a mountain of processed, albeit natural, pills, potions and powders. However, used as a guide (and not a prescription as its title boasts), this is a superb repair and maintenance manual for

most of what ails humanity internally. From AIDS to yeast infections, from observable chicken pox to the spectral symptoms of depression, it offers valid treatments and cures for bodies gone amok from imbalances and invaders. See all Editorial Reviews

作者介绍:

目录:

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