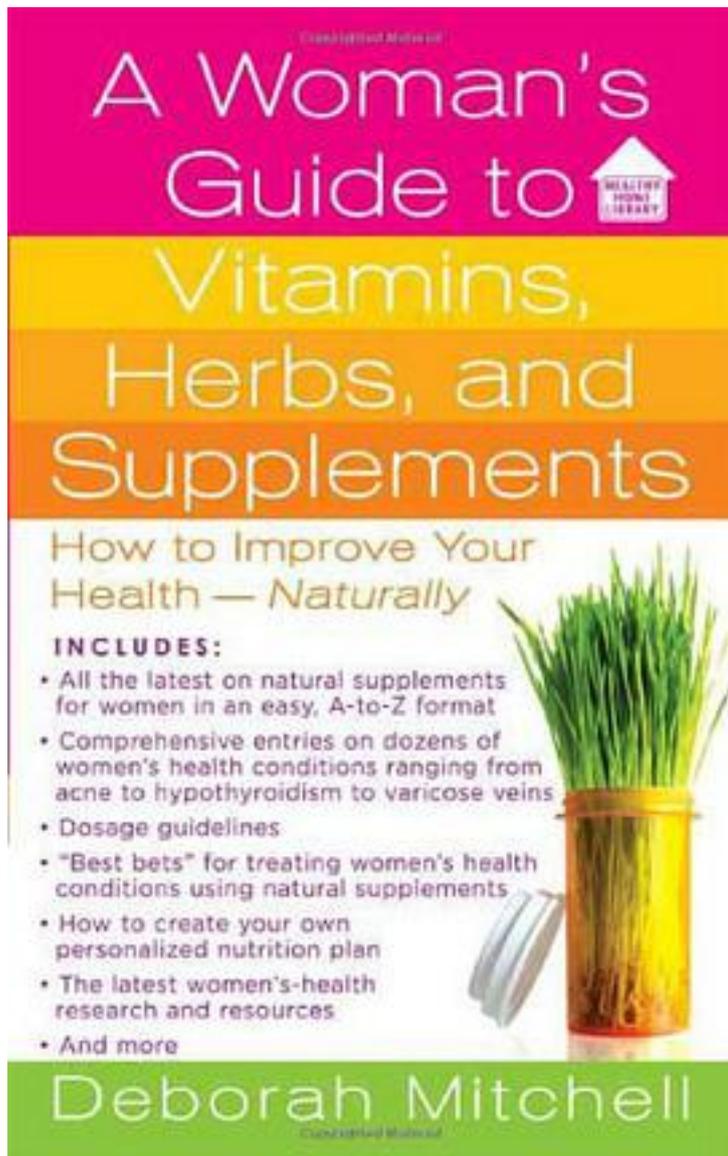


A Woman's Guide to Vitamins, Herbs, and Supplements



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- A-to-Z format provides the latest information on natural supplements that can effectively tackle health concerns faced by women - Comprehensive information on the health challenges today's women face throughout life, all in an easy-to-follow alphabetical format - Useful, little-known, important information "Of Special Interest to Women" in every entry- Guidelines on how to develop a personalized nutrition plan for women of every age and stage of life- An overview of the state of women's health today--from heart and bone disease to breast cancer to hormonal and reproductive issues--including the latest research and resources- And more.

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