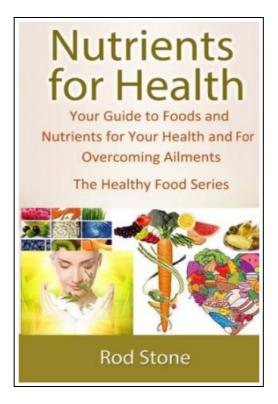
Nutrients for Health: Your Guide to Foods and Nutrients for Your Health and for Overcoming Ailments (Paperback)



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Reviews

This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Cassandra Von)

NUTRIENTS FOR HEALTH: YOUR GUIDE TO FOODS AND NUTRIENTS FOR YOUR HEALTH AND FOR OVERCOMING AILMENTS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Hippocrates, who is referred to as the father of medicine said, Let food be thy medicine and medicine be thy food. This book has been written to provide you with the information you need to make food your medicine. Dr. Louis Ignarro, Ph.D. (1998 Nobel Laureate in Medicine) wrote, YOU VE BEEN BRAINWASHED. Along with the rest of us, you have been brought up to believe in a certain set of ideas about wellness and disease-a medical mythology-that our greater scientific understanding shows us is simply not true. Disease is actually nothing more than a set of symptoms.that your body exhibits to let you know it is deficient in certain key nutrients. This book has been written to provide you with what is the best nutrients and foods to take in order to maintain your health. We provide you with the list of the best foods and key nutrients you need to be healthy and help you avoid most illness and ailments. We also have a section that list many human ailments and what is the best natural items to take to either avoid or minimize these ailments.

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