



## The Critical Need for Nutritional Supplementation How to Do It

By Kyle L McCormick M S

Createspace, United States, 2012. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you receiving Healthcare or Sickcare? Health, wellness, fitness, performance - conditions everyone has some interest in. We all need to take responsibility for our own health, wellness, fitness and performance and can take monumental strides towards this endeavor by implementing the Unique Fitness Holistic Wellness Guideline Pyramid. Energy Medicine Environment (outdoor) - Environment (indoor) Nutritional Supplementation - Exercise, Activity - Personal Care, Hygiene Spiritual - Nutrition (dietary intake) - Sleep, Rest, Recovery - Holistic Evaluations The more phases of the pyramid implemented, the greater the benefits. We do have a choice when it comes to our wellness. This booklet emphasizes one critical phase of the pyramid, Nutritional Supplementation and why it is impossible to achieve, maintain, or regain optimal health without proper supplementation. We begin by discussing general nutrition by addressing the questions, What is it? - Do we need it? - How do we get it? By answering these questions we discover that nutrition is the process by which a living being takes in food and uses it to live and grow. We can supply the...



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