

Prescription for Nutritional Healing: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements

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✓ Verified Book of Prescription for Nutritional Healing: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements

## Summary:

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Natural health's number-one bestseller for more than twenty years, completely revised and updated.

With more than five million copies sold, Prescription for Nutritional Healing is the most trusted, comprehensive source on dietary supplements, vitamins, minerals, and herbs. A pioneer in the field of nutritional healing, Phyllis Balch passionately and meticulously researched and compiled this groundbreaking book. Now, a generation later, her message has more relevance than ever: consume fresh foods, avoid processed foods and those high in saturated fat, and optimize your intake of essential nutrients with the right supplements. Today's well-stocked vitamin and natural-health stores can be confusing, and people need Balch's clear, concise, landmark guide.

To help them make sense of the mind-numbing array of choices that are available, readers of Prescription for Nutritional Healing will:

- learn the basics of good nutrition;
- find out how to balance vitamins and minerals so that the body can properly absorb both;
- determine how best to treat 250 problems-from abscesses to wrinkles-using herbs, nutrition, and supplements; and
- get the facts on other complementary therapies, like ayurveda, biofeedback, chiropractic care, and more. Prescription for Nutritional Healing is an essential resource for every health-minded consumer.

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