



## The New Encyclopedia of Vitamins, Minerals, Supplements, and Herbs: A Completely Cross-Referenced User's Guide for Optimal Health

By Nicola Reavley

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, The New Encyclopedia of Vitamins, Minerals, Supplements, and Herbs: A Completely Cross-Referenced User's Guide for Optimal Health, Nicola Reavley, There is an almost daily barrage of media reports on new studies, some suggesting that a supplement does you good, others indicating that it may be harmful. So how do you sort out fact from fiction? The New Encyclopedia of Vitamins, Minerals, Supplements, and Herbs will inform and update you on: Current research on each supplement; Recommended dietary intakes and their sources; Benefits and cautions of herbal medicines; Supplements that are important in the prevention and treatment of several health problems-ranging from acne to AIDS; How to identify nutrient deficiencies; Exactly who will benefit from taking supplements-men, women, the elderly, vegetarians, etc.



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