



## The Ultimate Nutrition Guide for Women: How to Stay Healthy with Diet, Vitamins, Minerals and Herbs (Hardback)

By Leslie Beck

Wiley, United States, 2003. Hardback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Natural ways to improve your nutritional health When it comes to health and nutrition, women have unique needs; they experience more health problems and visit the doctor more often than men. Women are also at particular risk for major nutrition-related health conditions, including heart disease and breast cancer. Now, leading nutritionist Leslie Beck presents a comprehensive, complete guide to women's nutritional health care, backed by the latest scientific research. The Ultimate Nutrition Guide for Women is written for all women-whether you want to stay well and lower your chances of disease or learn to manage your specific health condition through diet and supplements. This book looks closely at how to manage the various health concerns of women-from migraines and anemia to polycystic ovary syndrome, fibromyalgia, and urinary tract infections-with safe, natural methods. Beck outlines the symptoms, risk factors, and treatments or prevention strategies for the most common health conditions, then offers recommended dietary solutions, vitamin and mineral supplements, and herbal remedies. She explains how food affects your weight, energy levels, and the health of your body-and provides practical choices that...



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### Reviews

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

-- **Dr. Kadin Hane DVM**

*This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.*

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