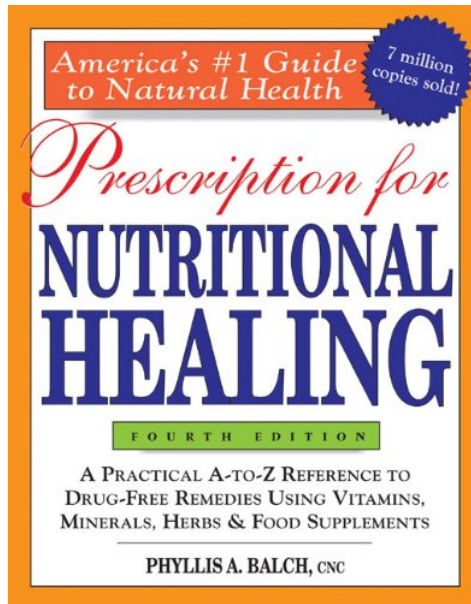


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With more than five million copies sold, *Prescription for Nutritional Healing* is the most trusted, comprehensive source on dietary supplements, vitamins, minerals and herbs. A pioneer in the field of nutritional healing, Phyllis Balch passionately 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 fat, and optimise 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.

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