



## Dr. Atkins Vita-Nutrient Solution: Natures Answer to Drugs

By Robert C. Atkins

Fireside Books. Paperback. Book Condition: New. Paperback. 416 pages. Dimensions: 9.0in. x 6.0in. x 1.3in. THE HEALING POWER OF NUTRITIONAL SUPPLEMENTS Long a champion of complementary medicine and nutritional therapy, Dr. Robert Atkins, author of the 1 best-seller Dr. Atkins New Diet Revolution, presents the scientific basis for the use of vitamins, minerals, amino acids, herbs, and hormones in the treatment and prevention of many of the chronic illnesses that plague us today. These vita-nutrients harness the body's ability to heal itself, rather than resorting to conventional drugs and invasive procedures, and address the true causes of disease instead of temporarily alleviating symptoms, promoting longer-lasting and more effective healing. In this comprehensive guide, Dr. Atkins shares vital information on more than 120 supplements, including: The specific restorative powers of each nutrient How to determine the optimal dosage schedule How to obtain supplements that are new to the market or are available only in limited supply The formula for a basic foundation of vita-nutrients that almost everyone needs every day Best of all, Dr. Atkins shows you how to create a personalized program to help improve or regain your health by using combinations of nutritional supplements specifically designed to help cure or...



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