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The Vitamin Cure for Childrens Health Problems

By Andrew W. Saul

Basic Health Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.4in. x 5.3in. x 0.7in. Most people's diets are woefully inadequate for providing proper nutrition. Even good diets fail to deliver sufficient levels of nutrients. The Vitamin Cure book series highlights the safe and clinically effective use of vitamin supplements for a variety of illnesses. Research continues to prove the immense value of vitamins for maintaining health and fighting disease. The Vitamin Cure books, written by authors who are recognized experts in their field, deliver authoritative, up-to-date, and practical information on taking vitamins for particular health problems. A healthy diet can have a profound impact on a child's development and growth, helping him or her stay well and avoid illness. This book is a practical guide to using therapeutic nutrition for a number of common childhood illnesses that can be prevented and effectively treated with vitamins and other nutrients. The Vitamin Cure for Childrens Health Problems introduces readers to the concept of orthomolecular medicine to take control of their family's health. It covers the pros and cons of antibiotics and vaccinations and looks at natural ways to boost immune function. Information on healthy eating for children is thoroughly covered, as...



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