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Prescription for Nutritional Healing: The A-to-Z Guide to Supplements by Phyllis A. Balch I have read a number of nutrition books over the last few years but this book by Balch ranks at the top of the pile in my estimation. The vast amount of useful and relevant information contained within the cover is astounding.

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See the supplement facts for the Peanut Butter StandardBar®. Balch, P.A. 2010. Prescription for Nutritional Healing 5th ed. Garden City Park, NY: Avery Publishing Group.: 3, 45. Etzel M.R. 2004. Manufacture and use of dairy protein fractions. Journal of Nutrition 134(4):996S-1002S.

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"The Prescription for Nutritional Healing," by Phyllis A. Balch, CNC, recommends omitting sugar from the diet to increase iron absorption. Eating vegetables with fish can increase the absorption of iron from plant-based sources.

Iron-Rich Foods List | Get Fit - Jillian Michaels

Balch, JF and Balch, P. Prescription for Nutritional Healing. Garden City Park, NY: Avery Publishing Group, 1997. ISBN 0-89529-727-2; Brandt, KD. Effects of nonsteroidal anti-inflammatory drugs on chondrocyte metabolism in vitro and in vivo.

References for Remedies - Alternatives at ProjectAware

Phyllis A Henning Balch (September 18, 1930 - December 31, 2004) was the author of Prescription for Nutritional Healing. She was one of the biggest selling dietary and supplement authors. Her books have sold over eight million copies. References

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