



Prescription for Nutritional Healing A-to-Z Guide to Supplements: A Handy Resource to Today's Most Effective Nutritional Supplements

Phyllis A. Balch, James F. Balch

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In this book, two highly regarded healthcare professionals with 20 years in practice combine their experience and expertise to clarify important issues regarding nutritional supplements. Over the last decade, millions of Americans have been turning to these supplements to improve the state of their health, stave off disease, and maintain a healthy balance. With the recent passage of new federal guidelines, powerful supplements are making their way to store shelves everywhere. But with this wave of alternative health products comes a good deal of confusion as to their most effective and safe use. Written in response by the authors of the best-selling Prescription for Nutritional Healing, this pocket-sized guide offers simple and easy-to-understand information about all the most important supplements that are available today. In nine chapters covering DHEA to glucosamine to zinc and everything in between, this comprehensive reference makes it easier than ever to find out about what a particular supplement is, what forms it comes in, and how and when to use it. The book also advises when it is best not to use certain supplements. The authors begin by providing an overview of nutrition, diet, and wellness, with special attention given to the crucial role of water in maintaining a healthy balance. Subsequent chapters discuss amino acids, antioxidants, enzymes, over 80 natural food supplements, and 100 of the most commonly used and available herbs. A manufacturer listing appears in an appendix in case a particular supplement proves difficult to find. Small in size but large in use and value, The Prescription for Nutritional Healing Guide to Supplements is a welcome and particularly timely addition to the wellness shelf.

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Frank Arnett:

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