

**BASIC HEALTH
PUBLICATIONS
USER'S GUIDE**

TO CARNITINE AND ACETYL-L-CARNITINE

*Learn How to Use These
Supplements to Boost
Your Energy and
Mental Focus.*

VERA TWEED

JACK CHALLEM Series Editor

Users Guide To Carnitine And Acetyl L Carnitine Basic Health Publications Users Guide

Frank Shallenberger



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User's Guide to Carnitine and Acetyl-L-Carnitine Vera Tweed, 2005-12 People who need more energy and want to avoid stimulants that will make them edgy should consider taking supplements of carnitine or acetyl l carnitine two forms of the same nutrient found naturally in protein Carnitine works by transporting fats in cells to where they are burned for energy By boosting the activity of the body s cellular furnaces carnitine can energize the heart brain and muscles to do more Doctors have also found carnitine and acetyl l carnitine helpful in treating many conditions including heart failure muscle weakness and failing memory Carnitine can also enhance physical training

User's Guide Eye Health Supplements Bill

Sardi, 2003 Cataracts and age related muscular degeneration are the most common vision threatening eye diseases Both interfere with vision and many lead to blindness Yet many natural supplements such as lutein and zeaxanthin play normal roles in protecting the eyes This User s Guide to Eye Health Supplements explains how these and other nutrients can reduce your risk of eye disease

User's Guide to Brain-Boosting Nutrients James Gormley, Shari Lieberman, 2004 In the Users Guide to Brain Boosting Nutrients leading nutritionist and author of the Real Vitamin and Mineral Book Shari Lieberman teams up with top nutrition writer and former editor of Better Nutrition magazine James Gormley to describe the best brain boosting dietary supplements including vitamin E ginkgo amino acids huperzine A and acetyl L carnitine and how to use them safely and effectively to achieve optimum brain power

User's Guide to Natural Treatments for Lyme Disease James Gormley, Caren F. Tishfield, 2006 Lyme disease is caused by a bacterial infection transmitted by a tick bite and is best treated early with antibiotics However many people suffer from chronic relapsing Lyme disease which can cause a variety of physical and psychiatric symptoms recurrent fever fatigue muscle and joint stiffness poor coordination lightheadedness mood swings and depression In the User s Guide health authors James Gormley and Caren Feingold Tishfield R D explain how to best avoid Lyme disease and how to benefit from safe treatments

Your Best Medicine Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care Your Best Medicine introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in Your Best Medicine have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in Your Best Medicine also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care

User's Guide to Energy-Boosting Supplements Ron

Hunninghake,2005-12 Anyone who feels more tired than they should and winds up feeling fuzzy headed from eating so called energy foods will likely benefit from the several supplements that boost energy levels which are discussed in this User s Guide Coenzyme Q10 alpha lipoic acid and carnitine are vitamin like nutrients not stimulants They work by helping the body burn the foods consumed for sustained energy This User s Guide also offers eating tips to help readers maintain high energy levels and to avoid feeling tired after meals **User's Guide to Antioxidant Supplements** Jack Challem,Melissa Block,2005 Covering a wide range of popular alternative medicine and health issues User s Guides are written by leading experts and science writers and are designed to answer the consumer s basic questions about disease conventional and alternative therapies and individual dietary supplements **User's Guide to Thyroid Disorders** Kathleen Barnes,2006 This User s Guide describes the nature of thyroid disorders natural thyroid replacement hormones and the important role of supplemental vitamins and minerals for thyroid function *User's Guide to Vitamin E* Jack Challem,Melissa Diane Smith,2002 Building on the tremendous interest in health alternative medicine and nutritional supplementation the User s Guide to Nutritional Supplements Series is designed to answer the consumer s basic questions about diseases conventional and alternative therapies and individual dietary supplements Written by leading experts and science writers The User s Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues including specific major diseases alternative therapies and vitamins minerals herbs and other nutritional supplements The User s Guide to Vitamin E explains this remarkable vitamin s benefits and how you can easily put it to work for you **Bursting with Energy** Frank Shallenberger,2007-12-01 The author shows a clear connection between the amount of energy a person has and the amount of aging he or she does pointing out that in medical terms aging refers to a loss of functioning not chronology

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