

**BASIC HEALTH
PUBLICATIONS
USER'S GUIDE**

**TO
STRESS-
BUSTING
NUTRIENTS**

*Learn How Vitamins
and Other Supplements
Can Help You Fight
Stress.*

ROSEMARIE GIONTA ALFIERI, M.A.

JACK CHALLEM Series Editor

Users Guide To Stress Busting Nutrients Users Guides Basic Health

Jayson Davis



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User's Guide to Stress-Busting Nutrients RoseMarie Gionta Alfieri,2004 In this Users Guide fitness professional and nutrition author RoseMarie Gionta Alfieri describes the most important supplements for improving mood reducing irritability and preventing depression Among these supplements are the B complex vitamins GABA and St Johns wort These and other nutrients have been shown scientifically to help people deal effectively with stress User's Guide to Vitamin C Hyla Cass,Jim English,2002-11 Vitamin C can reduce your risk of developing cancer and heart disease improve your mood and energy levels and even lessen cold and flu symptoms The problem is that many people simply do not get enough vitamin C from their diets This work explains the health benefits of this essential nutrient and how it can enhance your health

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