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User's Guide to *Nutritional* Supplements

Become an Expert on
What Nutritional Supplements
Can Do for Your Health.

Jack Challem, Editor

Users Guide To Nutritional Supplements Users Guides

Hyla Cass,Jim English



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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

User's Guide to Nutritional Supplements Jack Challem, 2003 The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help promote weight loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthen your heart Ginseng and other supplements boost your exercise stamina

User's Guide to Calcium and Magnesium Nan Kathryn Fuchs, 2002 Calcium is essential for health but it actually works best with magnesium to build strong bones maintain a healthy heart improve mood and reduce PMT This guide explains the health benefits of this nutritional team and how you can use calcium and magnesium together to enhance your health

User's Guide to Ginkgo Biloba Hyla Cass, Jim English, 2002 In the months following the September 11 attacks world leaders began a flurry of attempts to muzzle the press Some governments prevented journalists from covering anti US demonstrations or criticizing US policies Others opportunistically adopted the rhetoric of the war on terrorism to justify repressive measures against the media Still other leaders took a cue from the tactics used by the US military in Afghanistan to keep the press away from the battlefield

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User's Guide to Vitamins and Minerals Jack Challem, Liz Brown, 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 Vitamins Minerals explains how these remarkable nutrients can make a big difference in your health

User's Guide to Herbal Remedies Hyla Cass, 2004 In this overview of the most popular herbs Hyla Cass describes the top ten herbal supplements Among them are echinacea to boost the immune system during cold and flu season ginseng to increase energy levels St John's wort to

elevate mood and saw palmetto to prevent prostate disease Dr Cass also provides clear guidelines for how to safely use herbal remedies

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User's Guide to Healthy Digestion Victoria Dolby Toews, 2003 An easy to read information packed book that aims to teach you how to put an end to your digestive problems Heartburn indigestion bloating gas constipation and other digestive problems affect nearly everyone at one time or another The author recommends safe dietary herbal and nutrition remedies

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