

vitamins & minerals

DeMYSTiFieD

A SELF-TEACHING GUIDE



Learn how VITAMINS were discovered and the ROLE they play in PHYSIOLOGY



Discover HOW MUCH is REQUIRED for survival and increased disease RESISTANCE



GRAPHS demonstrate which FOODS are IMPORTANT SOURCES



Examine how vitamin and mineral NEEDS can be satisfied by SMART food CHOICES



Dr. Steve Blake



Vitamins And Minerals Demystified

Merle C. Potter



Vitamins And Minerals Demystified:

Vitamins and Minerals Demystified Steve Blake, 2007-10-16 Encapsulating the science behind vitamins and minerals Need to understand how vitamins and minerals work but find dense texts difficult to absorb Here s your panacea Vitamins Minerals Demystified makes it easy to digest information on everything from A to zinc Written by a holistic health doctor this essential guide explains the crucial role vitamins and minerals play in nutrition and physiology You ll find details on the type and amount required for survival and for increased disease resistance The book outlines the food sources of different vitamins and minerals and covers the benefits and pitfalls of both natural and synthetic vitamins Featuring end of chapter quizzes and a final exam this book will fortify your knowledge of vitamins and minerals This fast and easy guide offers Numerous figures to illustrate key concepts Graphs indicating the foods rich in various vitamins and minerals Charts featuring U S Recommended Daily Allowances USRDAs Coverage of deficiency related diseases Quick summaries of each vitamin and mineral reinforce learning Simple enough for a beginner but challenging enough for an advanced student Vitamins Minerals Demystified is the perfect supplement for anyone studying or interested in this important health topic

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optical microscopes and telescopes Functional details of fiber optics A sampling of optical illusions A time saving approach to performing better on an exam or at work Simple enough for a beginner but challenging enough for an advanced student Optics Demystified illuminates this vital physics topic [Biochemistry Demystified](#) Sharon Walker,David McMahon,2008-07-20 Learn BIOCHEMISTRY without stressing out your brain CELLS Trying to understand the chemical processes of living organisms but having trouble metabolizing the complex concepts Here s your lifeline Biochemistry Demystified helps synthesize your understanding of this important topic You ll start with a review of basic chemical concepts and a look at cell structures and cell division Next you ll study carbohydrates lipids proteins nucleic acids nucleotides and enzymes Glycolysis the citric acid cycle oxidative phosphorylation and the control of chemical processes round out the coverage Hundreds of examples and illustrations make it easy to understand the material and end of chapter questions and a final exam help reinforce learning This fast and easy guide offers Numerous figures to illustrate key concepts Details on DNA and RNA Coverage of hormones and neurotransmitters A chapter on analytical techniques and bioinformatics A time saving approach to performing better on an exam or at work Simple enough for a beginner but challenging enough for an advanced student Biochemistry Demystified is your key to mastering this vital life sciences subject [Supersymmetry DeMYSTiFied](#) Patrick LaBelle,2010-01-05 Unravel the mystery of SUPERSYMMETRY Trying to comprehend supersymmetry but feeling a bit off balance Grab hold of this straightforward guide and learn the fundamental concepts behind this revolutionary principle Covers supercharges SUPERFIELDS superspace SUSY breaking the minimal supersymmetric standard model and more LOADED with DETAILED examples ILLUSTRATIONS and explanations Perfect for SELF STUDY or as a classroom SUPPLEMENT COMPLETE with end of chapter QUIZZES and a FINAL EXAM Written in an easy to follow format Supersymmetry Demystified explains Weyl Majorana and Dirac spinors notations and supersymmetric lagrangians Supersymmetric charges and their algebra are discussed as are interactions and gauge theories The book also covers superspace formalism superfields supersymmetry breaking and much more Detailed examples clear illustrations and concise explanations make it easy to understand the material and end of chapter quizzes and a final exam help reinforce learning It s a no brainer You ll get An explanation of the Wess Zumino model Tips on how to build supersymmetric lagrangians Coverage of superspace and superfields A detailed presentation of the minimal supersymmetric standard model MSSM and some of its phenomenological implications Simple enough for a beginner but challenging enough for an advanced student Supersymmetry Demystified is your key to understanding this fascinating particle physics subject [Spanish Conversation Demystified](#) Jenny Petrow,2009-12-23 Unlock the riddle of speaking and interacting in Spanish Spanish Demystified provides you with a solid foundation for building conversation skills in that language You can go at your own pace as you are guided through the fundamentals of communicating in Spanish Organized around everyday themes such as meeting people making plans and talking on the phone each chapter features an in depth dialog presented both in the book and on the audio

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challenging enough for an advanced student Global Warming Climate Change Demystified is your shortcut to understanding this important and timely issue **Fluid Mechanics DeMYSTiFied** Merle C. Potter,2009-06-14 Your solution to mastering fluid mechanics Need to learn about the properties of liquids and gases the pressures and forces they exert Here s your lifeline Fluid Mechanics Demystified helps you absorb the essentials of this challenging engineering topic Written in an easy to follow format this practical guide begins by reviewing basic principles and discussing fluid statics Next you ll dive into fluids in motion integral and differential equations dimensional analysis and similitude Internal external and compressible flows are also covered Hundreds of worked examples and equations make it easy to understand the material and end of chapter quizzes and two final exam with solutions to all their problems help reinforce learning This hands on self teaching text offers Numerous figures to illustrate key concepts Details on Bernoulli s equation and the Reynolds number Coverage of entrance laminar turbulent open channel and boundary layer flows SI units throughout A time saving approach to performing better on an exam or at work Simple enough for a beginner but challenging enough for an advanced student Fluid Mechanics Demystified is your shortcut to understanding this essential engineering subject String Theory Demystified David McMahon,2008-08-31 UNRAVEL the mystery of STRING THEORY Trying to understand string theory but ending up with your brain in knots Here s your lifeline This straightforward guide explains the fundamental principles behind this cutting edge concept String Theory Demystified elucidates the goal of the theory to combine general relativity and quantum theory into a single unified framework You ll learn about classical strings conformal field theory quantization compactification and T duality The book covers supersymmetry and superstrings D branes the holographic principle and cosmology Hundreds of examples and illustrations make it easy to understand the material and end of chapter quizzes and a final exam help reinforce learning This fast and easy guide offers Numerous figures to illustrate key concepts Sample problems with worked solutions Coverage of equations of motion the energy momentum tensor and conserved currents A discussion of the Randall Sundrum model A time saving approach to performing better on an exam or at work Simple enough for a beginner but challenging enough for an advanced student String Theory Demystified is your key to comprehending this theory of everything

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concludes with a written and audio quiz that allows you to track your progress and a comprehensive final exam at the end of the book gives instant feedback on new language skills **Thermodynamics DeMYSTiFied** Merle C. Potter, 2009-03-03

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