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Users Guide To Nutritional Supplements Users Guides

Jack Challem,Liz Brown



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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 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

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

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