

The Prevention Total Health System®

UNDERSTANDING VITAMINS AND MINERALS



Understanding Vitamins And Minerals Prevention Total Health System

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highly recommend *How to Live Long and Like It* It is an excellent resource packed with powerful tools and information to transform your health The truths in the book are desperately needed by all of us to combat the escalating health issues we face Dr Keith McKim DC McKim Chiropractic This book offers some wonderful ideas to encourage individuals to choose healthy options that will enhance longevity not only physically but also spiritually emotionally and mentally Jim Heckathorn writes in a way that inspires the reader to take action in caring for the body that God created Rebekah Murphy BA MS Professor of Anatomy Wichita State University *How to Live Long and Like It The Longevity Diet* is not just a diet its a guide for a whole lifestyle that has contributed to long lives for many people Dr Thomas Moore Th D MA MBA LCPC PE Pastor Counselor *The A.D.D. & A.D.H.D. Diet!* Howard Peiper,Rachel Bell,2012-04-17 Every day children are diagnosed with attention deficit disorder ADD or attention deficit hyperactivity disorder ADHD They are given powerful drugs like Ritalin in order to cope with their ADD but many parents don t realize the dangerous side effects associated with these drugs particularly the possibility of dependency Addressing the causes of ADD and ADHD should be the first step in any treatment but unfortunately conventional drug therapies treat only the symptoms not the causes In their new book *The A D D A D H D Diet* authors Rachel Bell and Dr Howard Peiper take a uniquely nutritional approach to treating ADD and ADHD The authors first address the root causes of the disorders from poor nutrition and food allergies to environmental contaminants They discuss which foods your child can eat and which foods he should avoid To make changing your child s diet easier the authors also offer you their very own healthy and delicious recipes Final chapters examine the importance of detoxifying the body supplementing diet with vitamins and nutrients and exercising regularly in order to achieve good health Managing your child s ADD doesn t have to be a chore With *The A D D A D H D Diet* you can learn how a simple change in diet may be the most effective treatment for your child *Prevention* ,1985 **Medical and Health Care Books and Serials in Print** ,1997
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