

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

Sharon Walker, David McMahon



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 (USRDA's) 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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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 coverage of essential communication skills such as asking a question or making comparisons review of key grammar points and written and verbal activities to reinforce new communication skills *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 **French Conversation Demystified** Eliane Kurbegov,2010-06-22 Unravel the mystery of speaking in French Need a straightforward approach for fast and painless mastery of French speaking and comprehension skills This easy to use guide from the popular Demystified series takes the mystery and menace out of speaking and understanding French by walking you step by step through the fundamentals of communicating in the language French Conversation Demystified lets you work at your own pace and arms you with the essentials of communicating in French in an unintimidating format Organized around everyday scenarios such as meeting people talking about yourself and eating out each chapter features An in depth dialog presented both in the book and on the audio Coverage of essential communication skills such as asking a question or making comparisons Review of key grammar points Written and verbal activities to reinforce new communication skills Each chapter 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 Take the heat off of understanding thermodynamics Now you can get much needed relief from the pressure of learning the fundamentals of thermodynamics This practical guide helps you truly comprehend this challenging engineering topic while sharpening your problem solving skills Written in an easy to follow format Thermodynamics Demystified begins by reviewing basic principles and discussing the properties of pure substances The book goes on to cover laws of thermodynamics power and refrigeration cycles psychrometrics combustion and much more Hundreds of worked examples and equations make it easy to understand the material and end of chapter quizzes and two final exams help reinforce learning This hands on self teaching text offers Numerous figures to illustrate key concepts

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