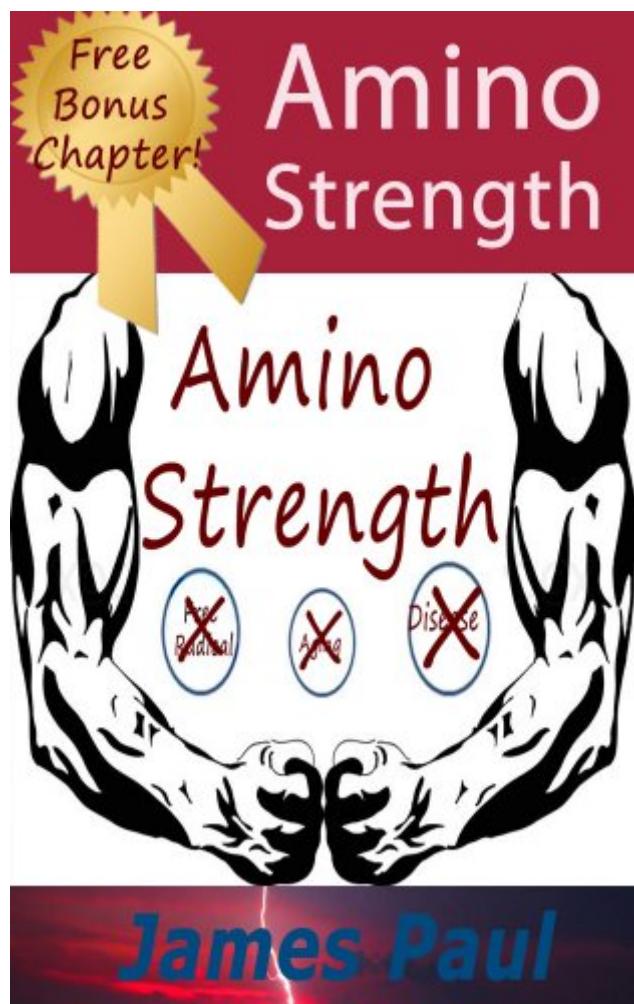


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# Amino Acids: Everything You NEED To Know Essential Amino Acids (NonEssential Amino Acids Too)!



## Synopsis

\*\* Free Bonus Chapter Included!!\*\* In this book, you are going to see why you need amino acids, in a very easy to understand way. Amino Acids are THE building block of the human body, what do you know about them? Read this to find out: How an amino acid can commit MURDER Why 3 amino acids are the best bodybuilding supplement Which amino acids your body NEEDS to bring out the benefit of vitamin C and E, otherwise you could be wasting your time Why the essential amino acids are called essential amino acids Where to get amino acids through diet Which amino acids you MUST take as a supplement And SO much more! Which Amino Acids Are Covered? All of the essential amino acids and non-essential amino acids are going to be covered, as well as L-Carnitine, which is sometimes thought to be an amino acid but actually is not (bonus chapter). Through the use of analogy, and a broken down way of learning you will be able to discuss amino acids like a champion! You will learn about the branch chained amino acids used in sports nutrition, and learn why they are so crucial to consume as a bodybuilding supplement. You'll also learn which amino acids can actually aid in fat metabolism, help with memory, pass through the blood-brain barrier, and give you energy. It's common knowledge that taurine is great for focus, but what else can it do? Which amino acid is great at helping increase your heart health? In this easy to read book you will learn all of this and more!

## Book Information

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## Customer Reviews

This is a really useful book for everyone who's concerned with the 'little things' that go to make up optimum health. The author clearly knows his stuff, and the book is friendly and accessible without being too scientific. Each of the essential and non-essential aminos are clearly described, as well as the effects of too much or too little, and the combinations that work. The description of how the 'blood-brain barrier' works is one of the best I've come across, and you should have no difficulty working out what you need, and what's right for you. Amino acids are a fantastic secret weapon in a world of nutrient-poor convenience foods, and this is a really informative guide to how to understand and harness their powerful effects. Good work, Recommended.

This is a great book on Amino Acids. Most people feel like they know what they are, but in truth the average person knows little about them. This book does a great job of explaining what they are and why theyâ™re important. It goes into what each of the Amino Acids are and gives great descriptions and what they help with.

The author writes in such a cutsie style I couldn't stand it. He was so irritating that I couldn't just pick out the facts from the fluff, and I really tried. It was like he was writing for a 10 year old, and even a 10 year old would ask him to get to the point. Besides that, there were typos on every page. I don't see how anyone could publish a book that was this bad.

I just purchased the book, read about 6 pages in and decided to return it for a refund. I'm not interested in the authors style of humor. In addition, he claims to be a personal trainer and it appears he writes like one. I mean to say, his proses are pushy (to say the least). I understand he has written at least one other book and claims to enjoy both reading and writing but certainly has no concept of proper sentence structure as both words (to sentences) and letters (to words) are missing--but it is the failed sentence structure that causes the book to read choppy. I have the greatest confidence that the information contained in his so-called "hard won research" (my description) can be obtain elsewhere--so I'm back at giving another author a chance. I suggest James Paul take this book down and rework it appropriately but I'm thinking he won't do that and is likely working on another equally deficient production.

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