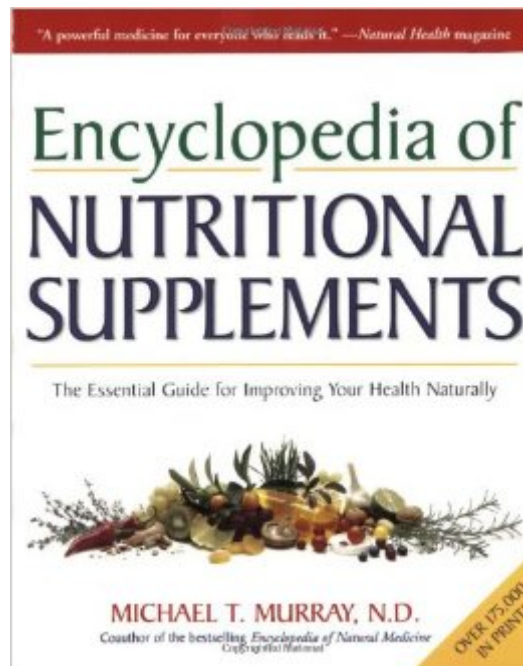


The book was found

Encyclopedia Of Nutritional Supplements: The Essential Guide For Improving Your Health Naturally



Synopsis

People of the nineties want empowerment over illness. And they've got it "if they know the facts! In his new book, *Encyclopedia of Nutritional Supplements*, naturopathic physician Michael T. Murray guides readers through the often complex, conflicting information regarding nutritional supplements. Each chapter profiles major vitamins, minerals, essential fatty acids, nutrients, and glandular extracts, including information on the following: • deficiency signs / symptoms • recommended dietary allowance • beneficial effects • available forms • principal uses • dosage ranges • safety issues • interactions

Based on extensive scientific research, *Encyclopedia of Nutritional Supplements* empowers readers to make educated decisions about which supplements to take for health conditions including cancer, arthritis, depression, high cholesterol, allergies, heart disease and more.

Book Information

Paperback: 576 pages

Publisher: Harmony; 1 edition (July 1996)

Language: English

ISBN-10: 0761504109

ISBN-13: 978-0761504108

Product Dimensions: 7.4 x 1.3 x 9.1 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars • See all reviews (51 customer reviews)

Best Sellers Rank: #259,854 in Books (See Top 100 in Books) #113 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #226 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #320 in Books > Health, Fitness & Dieting > Reference

Customer Reviews

I found this book online after purchasing the author's excellent book on Hypoglycemia. After having low blood pressure all my life, I was suddenly diagnosed with severe hypertension (165/105) and before I knew it I was leaving the doctor's office with a prescription in hand and dire warnings about strokes and heart attacks (at 29 years old). The pharmacist was very worried about someone so young taking the medicine and kept telling me that it would cause a potassium deficiency and suggested a supplement. The next day I took the prescribed medicine (Hydrochlorothiazide) at breakfast. Within an hour I had the most blinding headache of my life (I have migraines, and this was worst than a migraine, which I had not thought possible), my eyes would not focus, I was dizzy,

light headed and nauseated. I spent the next several hours being violently ill until my stomach was quite empty. Finally, at 5 o'clock in the afternoon, I went to bed completely exhausted. The next day, I pulled out this book and read about hypertension/high blood pressure. I had most (though not all) of the recommended supplements on hand. I called the doctor's office to let them know I was unable to take the medication, and scheduled the next earliest appointment - 6 days in the future. I then began the recommended supplement program (what I had of it already), with the rest on order. I also began walking 20 minutes a day. I altered and supplemented my diet as suggested as well. Upon my return to the doctor 6 days later my blood pressure was 138/90. She took it 5 times over the next hour (both arms, and with several different pressure cuffs) to make sure it was not a fluke of some sort. I explained to her what I had been doing, and she could find no fault in the advice, given the results.

[Download to continue reading...](#)

Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally
User's Guide to Treating Hepatitis Naturally: Learn How Supplements Can Reverse Symptoms of Hepatitis and Improve Your Health (Basic Health Publications User's Guide) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Vitamins, Minerals, and Supplemental Antioxidants: An Honest Basic Guide to Nutritional Supplements
NutriSearch Comparative Guide to Nutritional Supplements for the Americas (English) Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Her bs & Food Supplements Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling

and Improving Your Finances, Relationships, and Health Improving Inter-professional Collaborations: Multi-Agency Working for Children's Wellbeing (Improving Learning) Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) A-Z Guide to Drug-Herb-Vitamin Interactions Revised and Expanded 2nd Edition: Improve Your Health and Avoid Side Effects When Using Common Medications and Natural Supplements Together Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Over the Counter Natural Cures, Expanded Edition: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Diabetes Cure: How to Reverse Type 2 Diabetes Naturally with Healthy Food, Diet, and Exercise (Diabetes Diet - Your Ticket to Beating this Disease Naturally and Effectively)

[Dmca](#)