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THE ESSENTIAL GUIDE TO THE REVOLUTIONARY ANTIDEPRESSION SUPPLEMENT

DEBORAH MITCHELL

WITH A FOREWORD BY STEVEN J. BOCK, M.D.,
DIRECTOR OF THE CENTER FOR PROGRESSIVE MEDICINE

Sam E Solution The Essential Guide To The Revolutionary Antidepression Supplement

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The SAM-e Solution Deborah Mitchell, 2000-09-01 An authoritative and in depth look at a breakthrough natural antidepressant this book is by a recognized authority on natural healing and the author of Natural Medicine for Diabetes and Natural Healing for Back Pain

A Woman's Guide to Vitamins, Herbs, and Supplements Deborah Mitchell, 2008-12-30 Take charge of your health with this easy to use reference guide to the most common ailments that women face and the natural remedies you can use to prevent alleviate and treat them In A Woman's Guide to Vitamins Herbs and Supplements author Deborah Mitchell has compiled Comprehensive information on the health challenges today's women face throughout life all in an easy to follow alphabetical format A to Z format provides the latest information on natural supplements that can effectively tackle health concerns faced by women Useful little known important information Of Special Interest to Women in every entry Guidelines on how to develop a personalized nutrition plan for women of every age and stage of life An overview of the state of women's health today from heart and bone disease to breast cancer to hormonal and reproductive issues including the latest research and resources And more Part of the Healthy Home Library series A Woman's Guide to Vitamins Herbs and Supplements provides essential health information that no woman should be without

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Rees has compiled a first stop resource for those seeking information to guide their decisions. Noted health information expert Alan Rees organizes the best of complementary and alternative medicine (CAM) information resources in this new guide for librarians and patients. The book is divided into twelve sections beginning with an overview of CAM terminology, safety concerns, ongoing research and education, and the movement towards integrative medicine. Best of lists of books, magazines, newsletters, CD-ROMs, and professional publications are augmented with contact information for several hundred CAM associations and professional groups, an extensive section on the Internet as a source of CAM related information, and reviews of 355 popular books on CAM. Librarians will use the Source Book as a collection development tool. Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments. This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic, provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies, will fill the information gap in the rapidly growing field of CAM.

Subject Guide to Books in Print, 1971 *Books In Print 2004-2005* Ed Bowker Staff, Staff Bowker, Ed, 2004 **Forthcoming Books** Rose Arny, 1999 **Consumers Index to Product Evaluations and Information Sources**, 1998 **Whitaker's Books in Print**, 1998 **Sam-E Solution (Softbook)** Deborah Mitchell, Dr, 2000-09-01 **SAMe (S-Adenosylmethionine)** Sol Grazi, Marie Costa, 1999

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