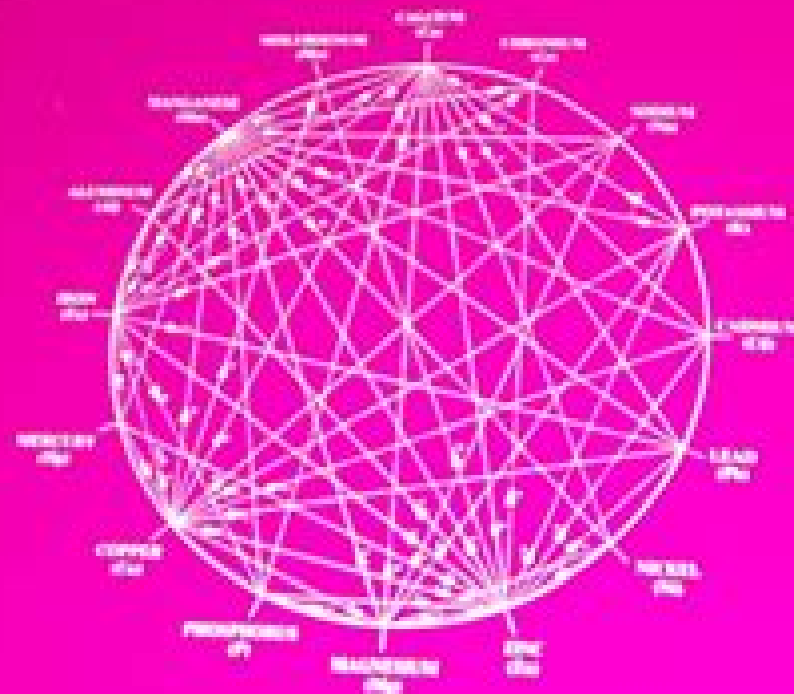


NUTRITIONAL BALANCING AND HAIR MINERAL ANALYSIS

A COMPREHENSIVE GUIDE



Dr. Lawrence Wilson

Nutritional Balancing And Hair Mineral Analysis A Comprehensive Guide

Ed Bowker Staff, Staff Bowker, Ed



Nutritional Balancing And Hair Mineral Analysis A Comprehensive Guide:

Nutritional Balancing and Hair Mineral Analysis Lawrence D. Wilson, 1992-03-01 *Nutritional Balancing and Hair Mineral Analysis* Lawrence D. Wilson, 2010 **Nutritional Balancing and Hair Mineral Analysis** Lawrence D. Wilson, 1998 **Hair Test Interpretation** Andrew Hall Cutler, 2004 **Foundations of Naturopathic Nutrition** Fay Paxton, 2020-07-16

Nutrition is a vital part of the complementary approach to health. This uniquely comprehensive and evidence-based text provides a detailed and systematic guide to the principles of clinical nutrition from a naturopathic perspective. The text begins with an overview of basic physiological principles and the body's protective systems such as the antioxidant detoxification and immune systems. The focus then moves to an in-depth examination of food components including essential nutrients such as protein, lipids, carbohydrates, vitamins, minerals, and trace elements, as well as nutritional bioactives such as coenzyme Q10, alpha lipoic acid, phytochemicals, digestive enzymes, and probiotics. There is detailed information on how each food component is digested and metabolised in the body and guidance on its impact on health, including an explanation of the effects of inadequate and excessive intake. The types of supplements available together with dietary sources are also explored. Discussions of important nutritional topics are featured, for example, water as therapy, obesity, anorexia nervosa, high protein diets, hypoglycaemia, diabetes, phytosterols, gamma tocopherol, vitamin E and mortality, vitamin C and cancer, infantile scurvy, acid-forming and alkaline-forming diets, hair analysis, sodium and blood pressure, and coenzyme Q10 and cancer. Summary boxes, case studies, and quizzes will help readers consolidate their knowledge.

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