

HOW TO ENJOY YOUR OLD AGE—AND NOT DREAD IT!
A BLUEPRINT FOR PHYSICAL AND MENTAL FITNESS
EVERY DAY OF YOUR LIFE

NUTRIENTS TO AGE WITHOUT



Senility

ABRAHAM HOFFER, M.D., PH.D.,
and MORTON WALKER, D.P.M.
Introduction by
ROGER J. WILLIAMS, PH.D.

Nutrients To Age Without Senility

Lenna Frances Cooper



Nutrients To Age Without Senility:

Beating Alzheimer's Tom Warren,1991-05-01 Beating Alzheimer's is considered by many to be impossible But incredible as it may seem the man who wrote this book was given the diagnosis of Alzheimer's disease a diagnosis as dreaded as cancer to most people and reversed his devastating symptoms Traditional medicine with all of its modern technology and thousands of wonder drugs has failed to solve the most tragic illness one which causes you to be sentenced for the rest of your life to a world of increasing forgetfulness and to become a burden to those around you unable to dress or feed yourself not recognizing your children or your spouse when they walk into the room How is it then that Tom Warren was able to recover from such an incurable disease and now lives a meaningful useful life Tom had to take responsibility for his health into his own hands and through extensive reading was able to find the crucial steps that led to his recovery Now his step by step plan is available for everyone *The Complete Guide to Health and Nutrition* Gary Null, Ph.D.,2009-09-23 The ultimate

sourcebook from America's leading alternative health expert Yes you can feel better look better and extend the best years of your life through proper nutrition and exercise And there is no better guide to optimum health than this classic reference and sourcebook Compiled by Gary Null Ph D America's leading health and fitness expert a TV regular and host of his own nationally syndicated radio program this invaluable resource offers a comprehensive overview of protein carbohydrates lipids vitamins and minerals with the facts about their role in maintaining and restoring health Learn what's in the food you eat and what it can do for and to you Discover the pros and cons of supplements which to take how to take them and safe and effective dosages for each Find out The best way to lower high blood pressure and lose weight How to know if you're getting enough or too much protein The role of sugar in cardiovascular disease The best foods and supplements to meet changing nutritional needs Why exercise is more important than diet for weight control and which exercise is best of all The vitamin that slows down the aging process Why you may be inviting heart disease when you eliminate all cholesterol containing foods from your diet Gary Null cuts through the myths and hype and presents the facts everything you need to know about living well every day of your life *The Vitamin Cure for Alcoholism* Abram Hoffer,Andrew W. Saul,2009 Alcoholics suffer from a nutrient deficiency especially vitamin B3 This work outlines the nutritional factors proven successful in treating alcoholism It can help those who suffer from alcohol addiction their friends and loved ones and those in the relevant helping professions

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