



Nutrition + Eatright Diet Analysis

Insel, Paul

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Nutrition Eatright Diet Analysis

Jerome Edward Kotecki



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straight about minerals and their affect on health an important yet frequently overlooked part of well being The Plain Dealer Cleveland OH Dr Hawkins s book will convince Americans to cut back on processed foods loaded with salt and eat more natural foods like fruits vegetables and whole grains that can restore a proper electrolyte balance in the body and go a long way toward reversing many of the most common health problems that plague so many Americans today James J Kenney Ph D R D F A C N Nutrition Research Specialist Pritikin Longevity Center P rovides an accurate summary of important scientific studies and their impact on reversing illnesses that may be diet related Neal D Barnard M D President Physicians Committee for Responsible Medicine Sodium potassium magnesium and calcium are the primary electrolytes that regulate and preserve the health of body systems Since those electrolytes come from our food as nutrient minerals diet is the key mediator of electrolyte balance for the body In this important well researched book W Rex Hawkins M D presents persuasive evidence

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