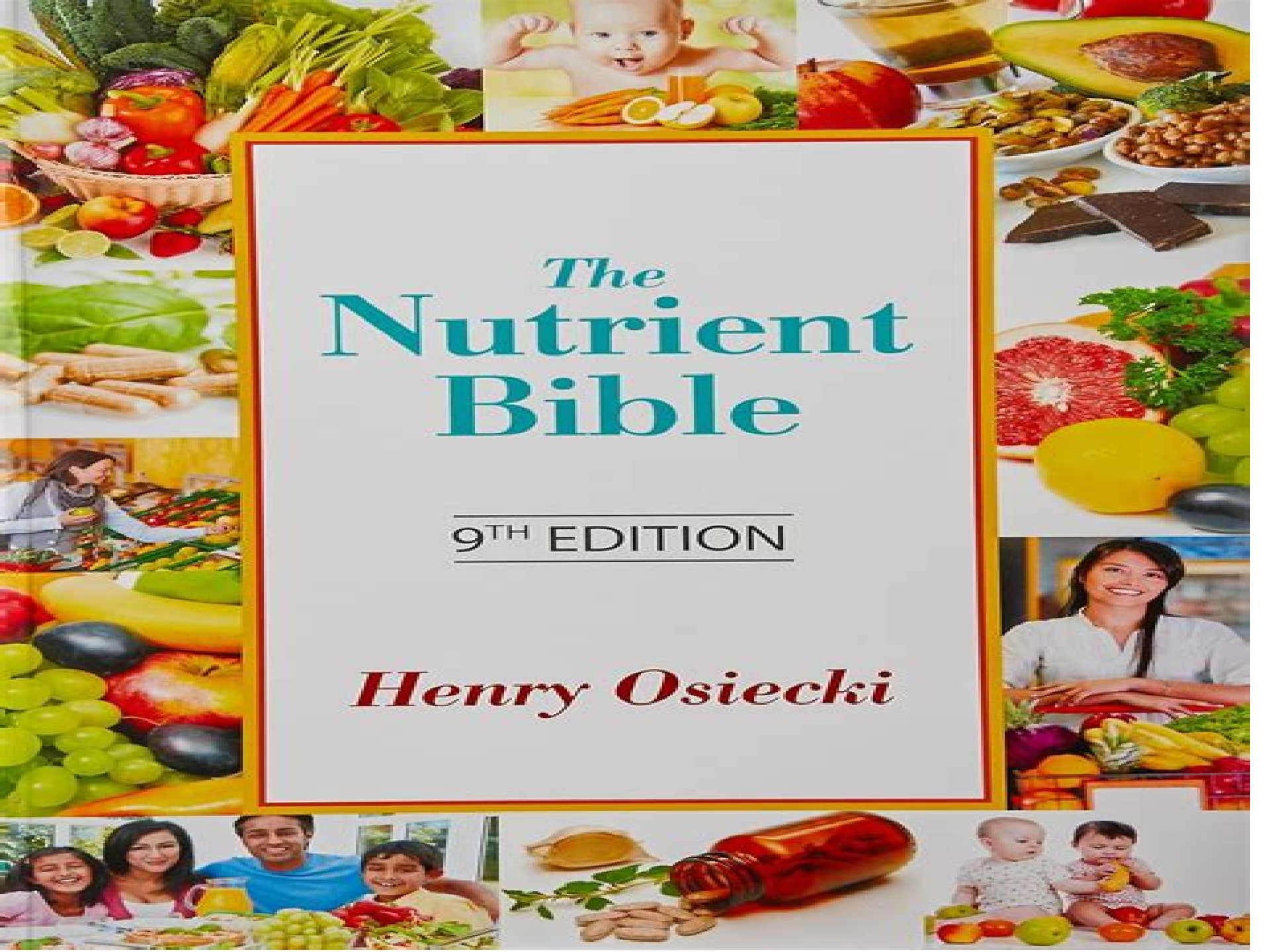




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Joseph E. Pizzorno, Michael T. Murray



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and intrusive assisted reproductive treatment such as in vitro fertilization many seek advice from their physicians or dietitians on what foods and supplements might enhance their fertility But health practitioners are often ill equipped to provide dietary re

Nutrition For Dummies Nigel Denby, Sue Baic, Carol Ann Rinzler, 2009-11-06 Nutrition For Dummies is for anyone who cares about what they eat and wants to know about the facts not the fads Finding easy to understand and sensible advice on what you should be eating is easier said than done advice seems to constantly change and fad diets only seem to help celebrities pile on the pounds in their bank account rather than making any of us healthier In this book Nigel Denby and Sue Baic two experienced and registered dieticians dispel all myths and provide you with the information you need to eat for a healthy life They explain every aspect of the subject from the basics about essential nutrients to the relationship between allergies and food and give you the knowledge and confidence to start making wise food choices Inside you ll find information on The Basic Facts about Nutrition Digestion The 24 Hour Food Factory Calories The Energisers What You Get from Food Powerful Protein The Lowdown on Fat and Cholesterol Carbohydrates A Complex Story Alcohol Another Form of Grape and Grain Vigorous Vitamins Mighty Minerals Phabulous Phytochemicals Water Works Healthy Eating Why You Eat When You Eat Why You Like the Foods You Like What Is a Healthy Diet Making Wise Food Choices Eating Smart When Eating Out What Is Food Processing Cooking and Nutrition Food and Medicine When Food Gives You a Rash Food and Mood Food and Drug Interactions A Supplemental Story

The Horse Nutrition Handbook Melyni Worth, 2025-04-08 Good nutrition is essential for a strong and healthy horse Here are in depth explorations on the benefits of additives and herbal supplements inform Worth s dietary approach toward treating common health problems that include colic cribbing Cushing disease ulcers tying up syndrome and more Providing your horse with a healthy well balanced diet will keep him looking and feeling his best for years to come

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