



Nutraceutical Revolution: 20 Cutting-Edge Nutrients to Help You Design Your Own Perfect Whole-Life Program

Firshein, Richard N.

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Nutraceutical Revolution 20 Cutting Edge Nutrients To Help You Design Your Own

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The Nutraceutical Revolution Richard N. Firshein, 1998-10-01 The next wave in alternative medicine the nutraceutical revolution is upon us From the B vitamins reported to reverse coronary artery disease to the echinacea we reach for at the onset of a cold nutraceuticals are figuring ever more prominently into both mainstream medicine treatment and everyday healing practices Here are all the facts on 20 of the safest and most versatile nutraceuticals used to treat a wide range of conditions including allergies aging arthritis asthma cancer chronic fatigue depression diabetes headaches heart disease high blood pressure immune disorders insomnia intestinal problems memory loss menopause PMS prostate conditions stress and weight management

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The Vitamin Prescription (For Life) Dr. Richard N. Firshein, 2010-06-28 Today front page news about medical triumphs not only cover advanced medical breakthroughs but also puts emphasis on the power of nutrition Discover miracles and stories of natural healing that will surprise and inspire you in The Vitamin Prescription for life For over twenty years of his medical practice Dr Firshein often relied on a versatile hardy and relatively small army of researched nutrients to do much of the healing work Nutraceuticals are nutrients that have the capacity to act like medicines They are natural pharmaceuticals This miraclenatures power to heal has always been available to us But it is only now that science has given us the tools to understand the mystery of healing foods and nutrients Soy for example can boost and balance hormones and help prevent cancer Fish oils and ginkgo are just some of these supernutrients that work wonders for your health An excellent resource thats easy to read and informative The Vitamin Prescription for life offers you a healthy way of eating and living along with the most powerful nutrients known to medicine These nutrients are not magic bullets that can work on their own They need to be accompanied by healthy lifestyle changes exercise and stress reducing activities like meditation and yoga If one eats well lives well and adds one or more of the necessary super supplements 80% of chronic illnesses can be reversed or prevented entirely Embrace the nutraceutical revolution and achieve maximum health

Thin Over 40 Gregory L. Jantz Ph.D., Anne McMurray, 2004-12-07 The simple 12 week plan for getting back the body you had or building the body you always wanted Eliminate the bondage of restrictive dieting and the unrealistic exercise demands of other programs If you are over forty then this week by week positive step approach for increasing your energy reducing pounds and improving vitality is for you and so is the healthful commonsense long term transformation Begin with these five essential tips 1 Healthy food and eating choices 2 Increased physical movement 3 Nutritional and hormonal support 4 Curative sleep 5 Proper hydration From there day by day step by step Dr Jantz tells you exactly how to begin each day what to eat what physical activities to explore and how to think your way thin This amazing fundamental program is the perfect companion for starting each day on

the road toward a healthier thinner tomorrow **Forthcoming Books** Rose Arny,2002-02 New Age ,1999

Alternative and Complementary Diabetes Care Diana W. Guthrie,2000-03-24 A guide to help you control diabetes with innovative combinations of alternative and traditional healing regimens If you or a loved one are one of the millions of people diagnosed with Type 1 or 2 diabetes you may have wondered how your medication interacts with a particular herb or vitamin or what happens to your blood glucose levels when you perspire profusely in a Jacuzzi or if too little fat in your diet is as bad for your health as too much fat The latest medical research provides illuminating answers to these and many other pertinent questions about the best way to treat diabetes But with more options available than ever before how can you know which ones will work best for you Now Diana Guthrie paves the way to responsible decision making by integrating conventional medicine and holistic healing to promote health and alleviate many of the symptoms associated with diabetes As Guthrie explains improving your physical emotional intellectual and spiritual responses to stress can significantly enhance your immune system By coupling your tried and true treatment with the basic components of an alternative approach positive thinking assertiveness relaxation exercise nutrition and touch you can improve your health and control your blood glucose levels In **Alternative and Complementary Diabetes Care** you will find many inspiring strategies for a comprehensive self care program including Stress management techniques Exercise programs Nutrition therapy Self care methods such as therapeutic massage and touch By mapping out the elements of a full balanced health program **Alternative and Complementary Diabetes Care** promotes a responsible holistic approach to diabetes without suggesting that traditional management practices be replaced With this informative guide learn how to help your health professional to help you *The Library Journal* ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Library Journal* ,1999

Cumulated Index to the Books ,1999 *Subject Guide to Books in Print* ,1991 *American Book Publishing Record* ,1999 **Book Review Digest** ,2001 **The Publishers Weekly** ,1998 **Books in Print Supplement** ,2002 *The Vitamin Prescription (for Life)* Richard N. Firshein,2010-06 Today front page news about medical triumphs not only cover advanced medical breakthroughs but also puts emphasis on the power of nutrition Discover miracles and stories of natural healing that will surprise and inspire you in *The Vitamin Prescription for life* For over twenty years of his medical practice Dr Firshein often relied on a versatile hardy and relatively small army of researched nutrients to do much of the healing work Nutraceuticals are nutrients that have the capacity to act like medicines They are natural pharmaceuticals This miracle nature s power to heal has always been available to us But it is only now that science has given us the tools to understand the mystery of healing foods and nutrients Soy for example can boost and balance hormones and help prevent cancer Fish oils and ginkgo are just some of these supernutrients that work wonders for your health An excellent resource that s easy to read and informative *The Vitamin Prescription for life* offers you a healthy way of eating and living along with the most powerful

nutrients known to medicine These nutrients are not magic bullets that can work on their own They need to be accompanied by healthy lifestyle changes exercise and stress reducing activities like meditation and yoga If one eats well lives well and adds one or more of the necessary super supplements 80% of chronic illnesses can be reversed or prevented entirely Embrace the nutraceutical revolution and achieve maximum health **The Nutraceutical Revolution** Richard Firshein,1999 The 22-Day Revolution Cookbook Marco Borges,2016-09-20 From the creator of 22 Days Nutrition and bestselling author of The Greenprint and The 22 Day Revolution comes a plant based cookbook full of the tools you need to live a healthier happier life with more than 150 all new mouth watering recipes and customizable meal plans to create your own 22 Day Revolution program Since health expert and exercise physiologist Marco Borges first introduced his groundbreaking plant based program in The 22 Day Revolution the revolution has become a movement motivating thousands of readers and followers worldwide to take control of their health lose weight and create better habits in just 22 days Now Marco shares more than 150 mouthwatering recipes he s cultivated over the years working with high profile artists including Jay Z Jennifer Lopez Pharrell Williams Gloria Estefan Shakira and Beyonc the food program is credited with creating some of the hottest bodies in Hollywood Plant based nutrition has taken center stage as more and more people achieve optimum health by significantly reducing their risk of serious health concerns like high cholesterol heart disease high blood pressure and diabetes The 22 Day Revolution Cookbook creates the road map for the journey If you re looking to kick start a healthy lifestyle Marco has created four customizable meal plans that will help you reach your weight loss and fitness goals from serious weight loss to maintaining and building muscle From decadent classics such as Mac n Cheese and juicy Black Bean Quinoa Burgers to the innovative flavors of the Teriyaki Veggie Bowl with Meatless Balls and Walnut Chili The 22 Day Revolution Cookbook will delight your family and bring the incredible benefits of a plant based lifestyle into your home Foreword by Ryan Seacrest

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