



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

Albert A Gayle



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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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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're 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

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 miraculatures 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

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The Publishers Weekly ,1998 *The Vitamin Prescription (for Life)* Richard Firshein,2010-06-01 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

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