

Nature's Prescriptions

Foods, Vitamins, and Supplements That Prevent Disease

By the Editors of FC&A



This protein could be your body's first line of defense against cancer, stroke, heart and liver damage.
Page 270



A major new study found that even a slight deficiency in essential vitamins can lead to this!
Page 73



This mineral can lower blood pressure safely without costly, unpleasant drugs!
Page 127



This vitamin offers the pain relief of traditional prescription arthritis medicine with NO side effects!
Page 24



Take this vitamin every day to keep bad cholesterol from damaging your arteries!
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Natures Prescriptions Foods Vitamins Supplements That Prevent Disease

J Dewey



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