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Staying Healthy with Nutrition: The Complete Guide to Diet Nutritional Medicine

By Elson M. Haas

Celestial Arts. Paperback. Book Condition: New. Paperback. 944 pages. Dimensions: 10.8in. x 8.3in. x 1.9in. The 21st-century edition of this groundbreaking work by Dr. Elson Haas with Dr. Buck Levin presents the most current health and nutrition information available in an easy-to-use format with a friendly, engaging tone. Decades of practical experience and scientific research are compiled into one encyclopedic volume that features newly expanded chapters on special supplements, lifestage programs, and breakthrough medical treatment protocols for conditions including fatigue, viral illnesses, weight management, and mental and mood disorders such as anxiety, ADHD, and depression. PART ONE gives a detailed analysis of The Building Blocks of nutrition: water, carbohydrates, proteins, fats and oils, vitamins, minerals, and other nutrients. PART TWO evaluates Foods and Diets, discussing every food group and most diets around the world. A special chapter on the environment and nutrition raises awareness and offers guidance about food additives, industrial chemicals, food irradiation, electropollution, and other health and ecological issues. PART THREE brings all of this nutritional information together, showing readers how to make wise and commonsense choices while Building a Healthy Diet. A personalized eating plan for the year, The Ideal Diet is both seasonally and naturally based, and...



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