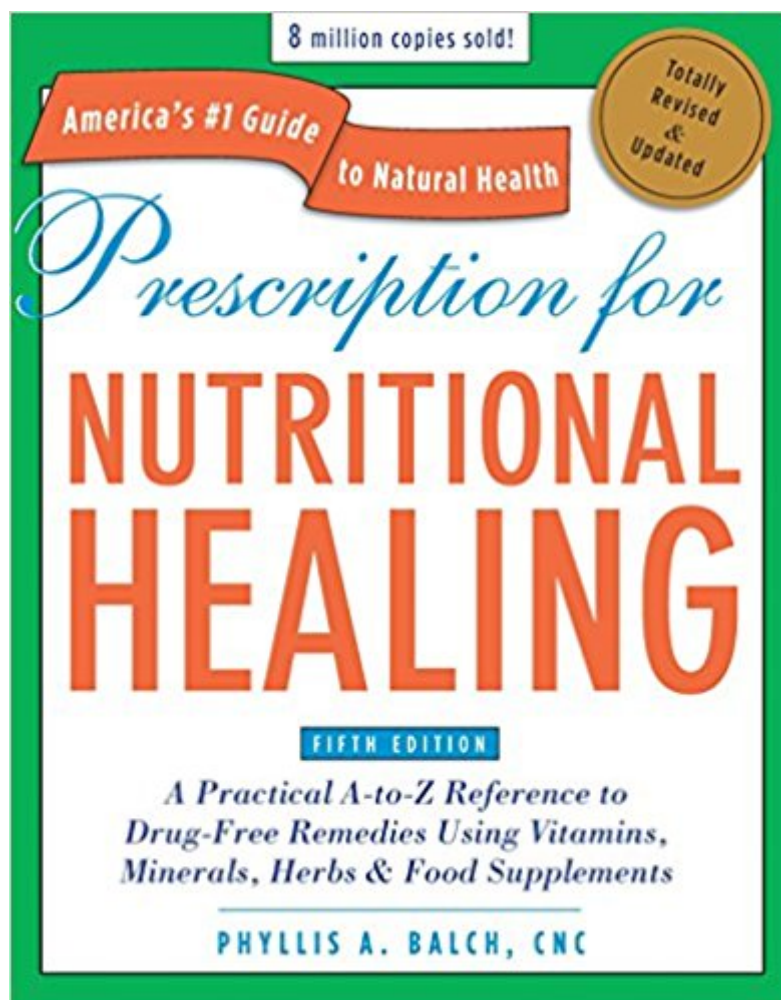




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# Prescription For Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference To Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements





## Synopsis

Prescription for Nutritional Healing is the nation's #1 bestselling guide to natural remedies. The new fifth edition incorporates the most recent information on a variety of alternative healing and preventive therapies and unveils new science on vitamins, supplements, and herbs. With an A-to-Z reference to illnesses, updates include: How omega-3 and exercise may help those suffering from Alzheimer's Current information on the latest drug therapies for treating AIDs What you need to know about H1N1 virus Nutritional information for combating prostate cancer Leading research on menopause and bio identical hormones And much, much more In the twenty years since the first edition was released, the natural health movement has gone mainstream, and the quest for optimal nutrition is no longer relegated to speciality stores. With more than 800 pages of comprehensive facts about all aspects of alternative ways to wellness, Prescription for Nutritional Healing, Fifth Edition, unites the best of age-old remedies with twenty-first- century science.

## Book Information

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## Customer Reviews

Phyllis Balch was author of the bestselling Prescription for Nutritional Healing, as well as of Prescription for Nutritional Healing: The A-to-Z Guide to Supplements, and Prescription for Herbal Healing.

My husband and I have been using this for years, and we get the new version whenever it's updated. Already had this version, but needed to replace the one his daughter absconded with!

I've had several editions of Nutritional Healing and if you are into alternative approaches to maintaining your health, this is a great book. Divided into three sections; Understanding the Elements of Health, The Disorders, and Remedies and Therapies. Table of Contents and Index are extremely helpful. It's over 800 pages (almost 900) and chock full of helpful and handy information on everything from supplements, disorders, Chinese medicine, etc. If you've had any of the the Balch books before, you definitely won't be disappointed with this edition.

I bought this book for my grandmother and she loved it. She uses the book to help her With her bloodsuger. It has been working for her very well and she hasn't had any problems so far.

Love it, great value, I have been using these since 1993. Every time there is a new edition I pick one up.I raised my children with these books and they are raising their children with the same books.

This is our health bible. I suggest every home have one as it is so easy to look up natural or alternative solutions for health problems. We have been using this reference book for at least 25 years, buying new additions from time to time. Have to laugh at how remedies considered so crazy by my friends when I suggested things years ago to them, have now become mainstream and even embraced by the medical profession.Cutting edge info!!

I've been using editions of this book for more than 20 years. It...has...everything, and I've found the information in its pages to be informative and reliable. You don't have to be a New Age tree hugger to benefit from it. A lot of Great-Grandma's cures are in here -- and they're a lot healthier and cheaper than prescription and even OTC medicines. They just make sense. I wouldn't be without it.

I bought my first copy in the mid '90's after browsing through the book at my retired mom's house. It begins with a helpful intro to the wonderful world of nutrition: vitamins, supplements, produce...what they are and why we need them. Next are the A-Z's of various disorders and conditions and nutritional ways to heal them (herbs, foods & supplements). The "foods" part is much easier to adhere to; some of the others can be hard to find. Thankfully, aside from a lil back pain, I am disease and ailment free...so healing for common things like mosquito bites and sprains was a plus for me. I bought the later edition a few years ago; I really appreciate the expanded section on Cancer because it runs in my family. Prevention includes consuming cruciferous veggies, avoiding

peanut products and avoiding smoked meats among other things. What I didn't like was the overall grandeur of the book...it's intimidating. I was in my 20's and impatient when I bought the first copy. My intentions were good but the book seemed intense and overwhelming...a year passed before I really began to read it. The recent edition is even bigger. I strongly recommend purchasing the book, referring the book or giving it as a gift (of life) to someone. The mindset is - use it for what it is, a REFERENCE GUIDE - it's not a book that's read cover to cover. My approach to it was the same as to my bible...afterall it is my nutritional bible

I love it and highly recommend it. I have used it for years and many reprints.

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