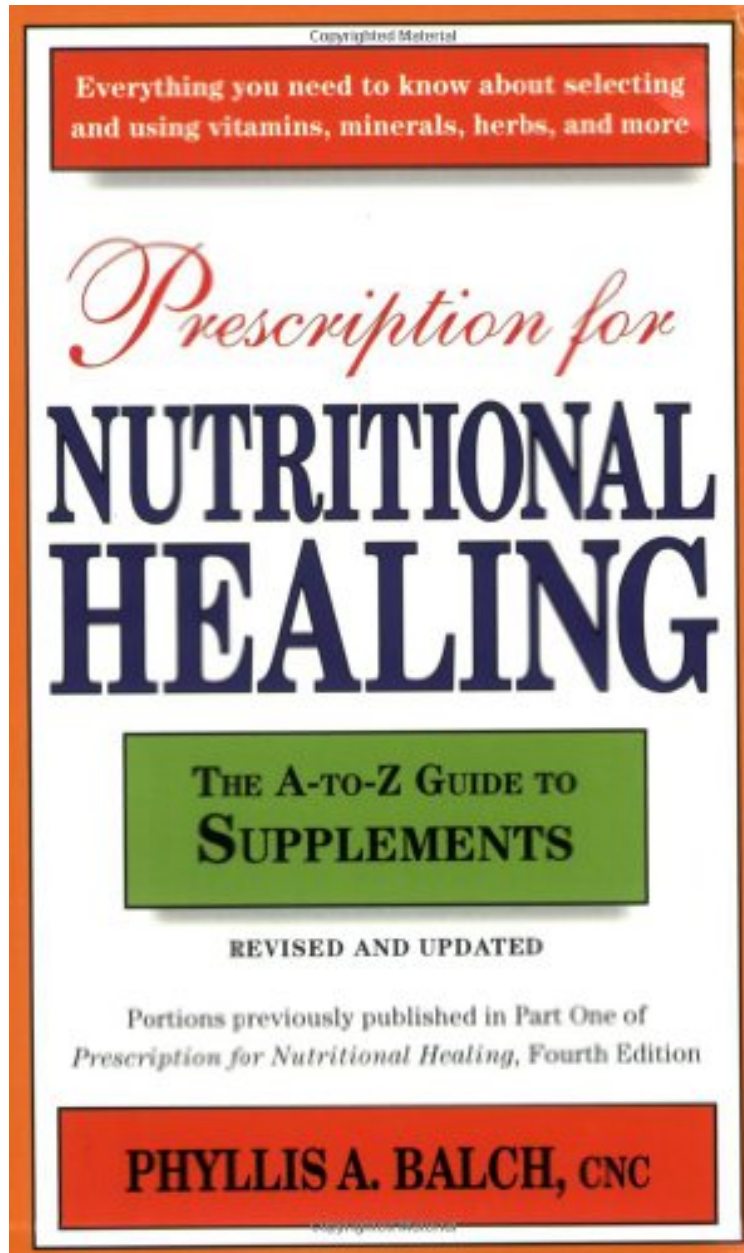


# Prescription for Nutritional Healing: The A-to-Z Guide to Supplements

Phyllis A. Balch CNC  
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This A-Z guide to supplements draws on "Prescription for Nutritional Healing" - America's best-selling book on natural health (now in it's third edition). It presents authoritative information about some 350 of the most important supplements available today in a handy, pocket-sized format. Revised and expanded from the first edition, it covers how these supplements work, how to use them and what to look for when choosing supplement products. Here is a straightforward, easy-to-understand guide to vitamins, minerals, amino acids, enzymes, antioxidants, phytochemicals, herbs and more.

About the AuthorPhyllis 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.