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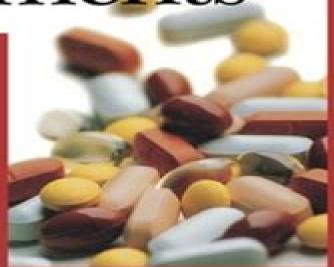
## Vitamins & Healing Supplements

Smart Tips on designing the perfect vitamin and supplement regimen to fit your individual needs

Smart Strategies for using healing vitamin and supplement therapies to treat a variety of illnesses, from the common cold to hypertension

Smart Definitions of hundreds of vitamins and supplements-exactly what they do and how to use them

Ruth A. Ricker, Ph.D. Bestselling coauthor of Backtalk



### **Smart Guide To Vitamins Healing Supplements**

Ruth A. Ricker

#### **Smart Guide To Vitamins Healing Supplements:**

Smart Guide to Vitamins & Healing Supplements Ruth A. Ricker, 1998-10-13 Smart Tips on designing the perfect vitamin and supplement regimen to fit your individual needs Smart Strategies for using healing vitamin and supplement therapies to treat a variety of illnesses from the common cold to hypertension Smart Definitions of hundreds of vitamins and supplements exactly what they do and how to use them Smart Insights into cutting edge research on the healing properties of vitamins hormones amino acids antioxidants and more Smart Tips on which vitamins and supplements help prevent reverse or heal specific conditions from allergies and arthritis to premenstrual syndrome and heart disease Smart Information on the entire range of vitamins and supplements their natural sources how they work and what they can do for you Smart Definitions of the new breed of natural treatments including smart supplements the cell preserving nutrients used to treat Alzheimer's and Parkinson s and to boost your memory Quick reading and easy referencing with a comprehensive appendix of supplements and conditions a useful index and loads of sidebars and tables Smart Guide to Maximizing Your 401(k) Plan Barbara Hetzer,1999-08-18 Mit der Reihe Smart Guides hat Wiley einen neuen gro en Artikel auf den Markt gebracht der speziell fr Anf nger mit geringem Vorwissen konzipiert wurde Je nach Themenbereich finden Sie in den Smart Guides alles Wissenswerte ber Gesundheit Finanzen Zukunftsplanung etc Und jetzt sind die Smart Guides noch umfangreicher mehr als 45 Extraseiten prallvoll mit Tips und Informationen bersichtlich und leicht verst ndlich Das Buch ist fr den Leser gedacht der schnell verst ndliche Informationen braucht das Wichtigste zu allgemeinen Themen und zwar verst ndlich geschrieben und gut erkl rt mit optischer Hervorhebung Balken Info Box Symbole der Kernaussagen Jeder Guide liefert Ihnen genau die Information die Sie brauchen und verzichtet auf berfl ssiges Maximising Your 401 k Plan enth lt Finanzinformationen dazu wieviel Sie einsetzen sollten wie Sie Ihre Anlagen und damit Ihr Risiko streuen k nnen und wie Sie ein starkes Portfolio aufbauen Er nennt Strategien fr Freiberufler fr den Jobwechsel oder fr den Weg aus der Arbeitslosigkeit und gibt Tips zu Steuergesetzen zum Wie und Wann der Kreditaufnahme und zur Altersvorsorge 09 99 Smart Guide to Healing Back Pain Carole Bodger, 2008-04-21 Smart Advice on the leading causes of back problems and the best ways to relieve the pain Smart Ways to stretch exercise and strengthen the muscles in your back Smart Tips on how today s leading medical techniques and therapies can make your back feel good again An all you need to know introduction to understanding why your back hurts and how to make it feel good again Smart Insights into the causes of back pain and the many factors including **Smart** Guide to Planning for Retirement Mike Robbins, 1999-08-19 An all you need to know introduction on how to save and plan today for a comfortable retirement tomorrow Smart Ways to avail yourself of the different company sponsored and independent retirement accounts available to you right now Smart Advice on how to get the most out of your IRA Roth IRA Keogh and 401 k before and after you retire Smart Strategies on how stocks bonds and mutual funds can grow your retirement savings and provide you with an income after you ve stopped working Smart Tips on insurance to protect your

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