

MARY DAN EADES, M.D.
co-author of *Protein Power*

UPDATED
AND
EXPANDED

THE
DOCTOR'S
COMPLETE GUIDE
TO
VITAMINS
AND
MINERALS



- Cutting-edge research on the latest therapeutic use of vitamins and supplements
- Detailed descriptions of all the benefits of hundreds of vitamins, minerals, and nutrients
- All-new section on herbs, featuring thirty-seven herbs, from alfalfa to wild yam
- User-friendly A-Z format lists hundreds of diseases, disorders, and conditions—with advice on dietary supplements, nutrition, herbal treatments, and what to avoid

The Doctors Complete Guide To Vitamins And Minerals

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