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# Smart Guide™

to

# Vitamins & Healing Supplements

Quick & Easy  
Strategies  
for a Healthy  
Lifestyle

**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

**C Cleary**





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



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