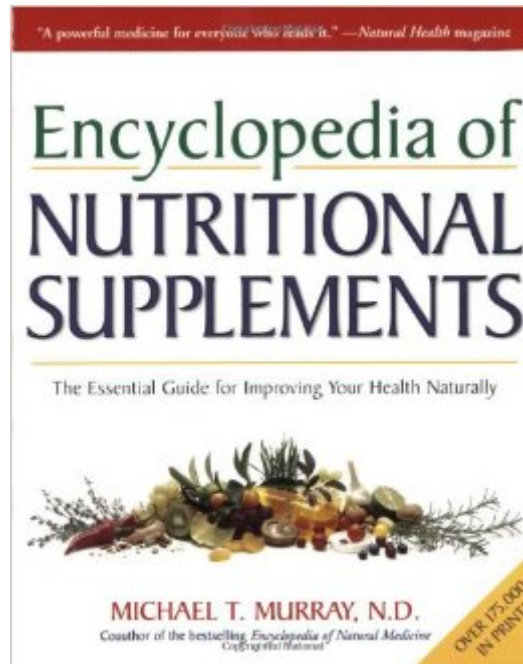


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# Encyclopedia Of Nutritional Supplements: The Essential Guide For Improving Your Health Naturally



## Synopsis

People of the nineties want empowerment over illness. And they've got it "if they know the facts! In his new book, *Encyclopedia of Nutritional Supplements*, naturopathic physician Michael T. Murray guides readers through the often complex, conflicting information regarding nutritional supplements. Each chapter profiles major vitamins, minerals, essential fatty acids, nutrients, and glandular extracts, including information on the following: • deficiency signs / symptoms • recommended dietary allowance • beneficial effects • available forms • principal uses • dosage ranges • safety issues • interactions

Based on extensive scientific research, *Encyclopedia of Nutritional Supplements* empowers readers to make educated decisions about which supplements to take for health conditions including cancer, arthritis, depression, high cholesterol, allergies, heart disease and more.

## Book Information

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Average Customer Review: 4.1 out of 5 stars • See all reviews (51 customer reviews)

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## Customer Reviews

I found this book online after purchasing the author's excellent book on Hypoglycemia. After having low blood pressure all my life, I was suddenly diagnosed with severe hypertension (165/105) and before I knew it I was leaving the doctor's office with a prescription in hand and dire warnings about strokes and heart attacks (at 29 years old). The pharmacist was very worried about someone so young taking the medicine and kept telling me that it would cause a potassium deficiency and suggested a supplement. The next day I took the prescribed medicine (Hydrochlorothiazide) at breakfast. Within an hour I had the most blinding headache of my life (I have migraines, and this was worst than a migraine, which I had not thought possible), my eyes would not focus, I was dizzy,

light headed and nauseated. I spent the next several hours being violently ill until my stomach was quite empty. Finally, at 5 o'clock in the afternoon, I went to bed completely exhausted. The next day, I pulled out this book and read about hypertension/high blood pressure. I had most (though not all) of the recommended supplements on hand. I called the doctor's office to let them know I was unable to take the medication, and scheduled the next earliest appointment - 6 days in the future. I then began the recommended supplement program (what I had of it already), with the rest on order. I also began walking 20 minutes a day. I altered and supplemented my diet as suggested as well. Upon my return to the doctor 6 days later my blood pressure was 138/90. She took it 5 times over the next hour (both arms, and with several different pressure cuffs) to make sure it was not a fluke of some sort. I explained to her what I had been doing, and she could find no fault in the advice, given the results.

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