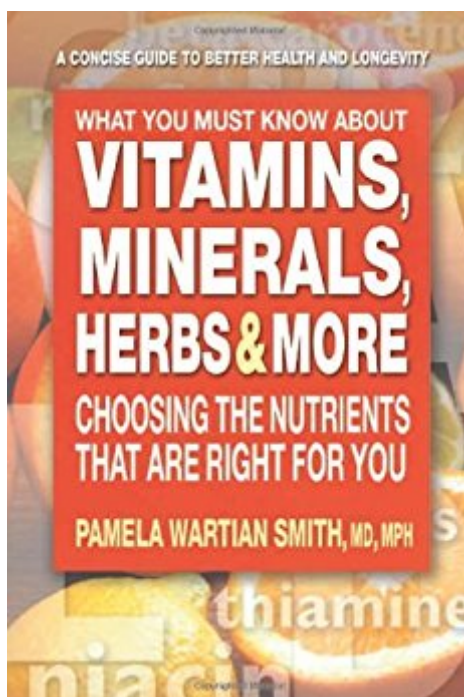


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# What You Must Know About Vitamins, Minerals, Herbs & More



## Synopsis

Almost 75 percent of health and longevity is based on lifestyle, environment, and nutrition. Yet even if you follow a healthful diet, you probably don't get all the nutrients you need to prevent disease. In *What You Must Know About Vitamins, Minerals, Herbs & More*, Dr. Pamela Smith explains how you can maintain health through the use of nutrients. Part One of this easy-to-use guide discusses the individual nutrients necessary for good health. Part Two offers personalized nutritional programs for people with a wide variety of health concerns. People without prior medical problems can look to Part Three for their supplementation plans. Whether you want to maintain good health or you are trying to overcome a medical condition, *What You Must Know About Vitamins, Minerals, Herbs & More*, can help you make the best choices for the health and well-being of you and your family.

## Book Information

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## Customer Reviews

This is an extremely poorly written book with many errors in it. The author needs to read all of Dr. Abram Hoffer's books, all of Dr. Thomas Levy's books, and William Chos books on Materia medica and redo the entire thing! The writer apparently is not even aware that Dr. Abram Hoffer (PHD

Biochemistry, Nutrition, Ag Engineering/Chemistry, MD, Psychiatrist/General Medicine) was the real founder of orthomolecular medicine along with Linus Pauling. Hoffer did all the clinical work and laid the ground work for Orthomolecular medicine by finding the cure for alcoholism, drug addiction, schizophrenia, and effective orthomolecular treatment programs for cancer, alzheimers, autism , and other degenerative diseases, and what's more he statistically validated his treatments and published over 30 books and 300 papers. My main criticism about this book is the vitamin, mineral dose rates she recommends for optimal health are not anywhere close to what Hoffer and Pauling said was necessary, and for people with degenerative diseases her dose rates, are no where near what Hoffer found was necessary to treat people with degenerative diseases and terminal diseases, thus if you have cancer, alzheimers, etc you're likely to die if you follow the advice in this book. In addition she repeats many canards of the MD establishment that are simply false, and that were dispelled by Hoffer, Pauling and Williams, such as vitamin c can cause kidney stones. She fails to neglect Vitamin C must be taken at very high doses, from 50-300 grams via IV to cure many viral infections, bacterial infections, degenerative and so called terminal diseases, and fails to cover the powerful form of Liposomal vitamin C. Pauling and Hoffer both took over 10 grams a day their entire life!

I bought this book 3 years ago but first now during the past days have had time to read it continuing from start to finish, and during this have found that it's excellent book to use as a lexica. In the title I use the words "reference book" as I have found it being better, and easier, to go searching in than in Google. For example if wanting to know from where we are getting the Vitamin A in what we are eating, then we by the writing about Vitamin A, in a frame "Food Source of Vitamin A", are finding 54 foods sorted progressively, starting by the number 1, for having most of this Vitamin. And then in the chapter about the Minerals we in the frames are getting the amount in milligrams for each 100 grams, for example in "Food Sources of Magnesium", from 760 in Kelp to 64 numbers later, the 8 milligram in 100 grams of Apple. And it's good with the separate chapters concerning respectively Vitamins, Minerals, Acids and Herbs, in which we concerning each of the objects mentioned in these chapters, we besides the frames mentioned above, also are getting many details about for what they actual are needed, or just help, symptoms telling us about deficiency, the possibility for having deficiency, how big a dosage to get, and so on. We have 36 sides concerning Herbs, and concerning Herbs there exist so enormous many so we always in books find the existence of some more. But concerning the Herbs, for example in this book, it's also interesting on the whole of the side 166, to read the story about a dangerous Herb, that is the "Ephedra: A Potentially Dangerous

Herb".And even though I during many years have been reading many books concerning what to eat, what the body needs, and so on, I still learned more by reading this book.

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What You Must Know About Vitamins, Minerals, Herbs & More Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs) How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes ( How to grow herbs, growing herbs for beginners ) Heal Your Eye Problems with Herbs, Minerals and Vitamins Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements Vitamins, Minerals, and Supplemental Antioxidants: An Honest Basic Guide to Nutritional Supplements Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements Vitamins & Minerals (Quick Study: Health) Rocks and Minerals - A Guide to Minerals, Gems, and Rocks (Golden Nature Guides) Food As Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life Miracle Cures: Dramatic New Scientific Discoveries Revealing the Healing Powers of Herbs, Vitamins, and Other Natural Remedies Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Fighting Radiation and Chemical Pollutants With Foods, Herbs and Vitamins: Documented Natural Remedies That Boost Your Immunity and Detoxify Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use Time Organization: T.I.M.E: Things I Must Experience (How to Manage Your Time More Effectively So You Can Do More of What You Love) What You Must Know About Memory Loss & How You Can Stop It: A Guide to Proven Techniques and Supplements to Maintain, Strengthen, or Regain Memory Tornado, Wind & Hail Claims "Trade Secrets You Must Know To Get What You Paid from Your Insurance Policy" Top Trails: Yosemite: Must-Do Hikes for Everyone (Top Trails: Must-Do Hikes)

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