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Supplements Guide

Spectator Company (New York, N.Y.)



Supplements Guide:

The Health Professional's Guide to Popular Dietary Supplements Allison Sarubin-Fragakis, 2007 Twenty nine new dietary supplements have been added to this edition This guide comprehensively explores the media claims drug supplement interactions dosage information and relevant research for more than 100 of today s most popular dietary supplements Completely revised updated and indexed information is provided for dietetics professionals and their clients Written by industry experts this guide s recommendations are reliable and backed by credible clinical research *The Health Professional's Guide to Dietary Supplements* Shawn M. Talbott, Kerry Hughes, 2007 This quick glance reference helps students and health professionals educate themselves and their patients clients about the scientific evidence for and against more than 120 popular dietary supplements Supplements are logically grouped into 12 chapters based on their primary desired effect such as weight loss joint support and sports performance enhancement The authors give each supplement a one to five star rating based on the level of scientific substantiation for each of its major claimed effects The book highlights crucial safety issues regarding each supplement and sets forth recommended dosages for particular effects A quick reference appendix lists all the supplements alphabetically with their star ratings *The Supplement Handbook* Mark Moyad, Janet Lee, 2014-11-04 Nearly half of Americans use supplements and many more are curious about them yet questions abound Will feverfew help my migraines Are there any vitamins that will keep my skin clear Does lysine really prevent cold sores Are there herbs I can take to boost my mood Are any of these things safe Mark Moyad MD MPH is the only physician in the United States who has an endowed position to study vitamins minerals herbs and other supplements For the past 25 years he s been researching supplements using them in his practice and traveling the country giving lectures to laypeople and physicians about what works and what s worthless in the world of drugs and supplements Based on the latest research as well as Dr Moyad s clinical experience The Supplement Handbook will guide you through the proven or debunked treatment options for more than 100 common conditions everything from arthritis heartburn and high cholesterol to fibromyalgia migraines and psoriasis Dr Moyad provides clear guidelines sifting through conflicting information for a definitive answer you can use today He does not hesitate to point out which remedies are overhyped useless and even harmful He even ranks the most effective options so you know which remedies to try first and he s honest about when over the counter or prescription drugs are the better option More than an overview The Supplement Handbook delivers prescriptive reliable advice Whether you re an alternative medicine convert or an interested but confused supplement novice this comprehensive evidence based guide is sure to become a must have reference in your home *Health Professional's Guide to Dietary Supplements* Taylor Wallace, 2021-10 *Food Additives, Nutrients & Supplements A-to-Z* Eileen Renders, 1999 This unique and easy to use layman s reference takes the mystery out of the bewildering array of health and labelling information we confront every time we go to the supermarket Using this simple guide to the most important food elements and additives

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