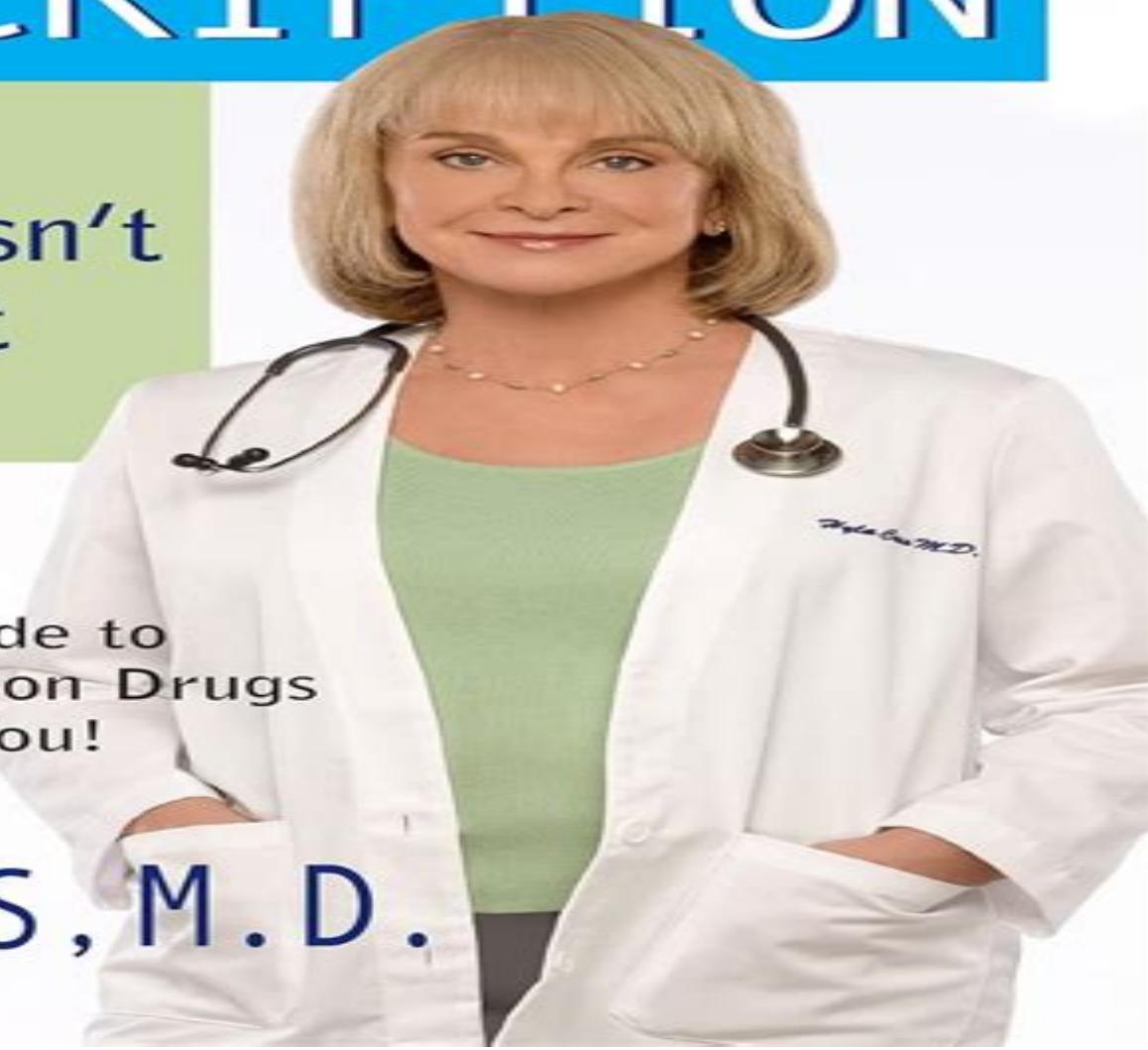


SUPPLEMENT YOUR PRESCRIPTION

What Your
Doctor Doesn't
Know About
Nutrition

The Essential Guide to
Making Prescription Drugs
Work Better for You!

HYLA CASS, M.D.



Supplement Your Prescription What Your Doctor Doesn't Know About Nutrition

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Healthy Woman, Healthy Life Gary Null,2016-12-27 In Healthy Woman Healthy Life Gary Null updates and expands the topic of the first edition to feature the latest clinical experience and published research on issues important to women of all ages The revised edition contains nearly sixty chapters covering the foundations of women's holistic health specific health concerns and alternative health solutions Topics range from diet physical fitness and home detoxification to adolescent health heart disease and menopause In addition there are recipes for simple healthy meals and a guide providing contact information for the health practitioners profiled throughout the book Among the new and or significantly updated chapters are those exploring natural hormone replacement therapy the roles of stress and depression memory loss Alzheimer's Disease Parkinson's Disease aging hair skin weight energy pain and vision Also included are new wellness protocols for brain health cancer allergies and diabetes as well as new testimonials from patients who have benefited from various naturopathic treatments under the guidance of their physicians

Reader's Digest Guide to Drugs and Supplements ,2004 **The**

Complete Book of Alternative Nutrition Jennifer Haigh,Sari Harrar,1998 A comprehensive guide to the latest research and information on vegetarianism Chinese nutrition and macrobiotics also includes facts about controversial supplements claims about ginger and garlic and interviews with leading practitioners and scientists in the alternative medicine field

Fibromyalgia & Chronic Myofascial Pain Devin Starlanyl,Mary Ellen Copeland,2001 A manual for understanding treating and living with Fibromyalgia

Prescription for Drug Alternatives James F. Balch,Mark Stengler,Robin

Young-Balch,2008-11-03 James Balch and Mark Stengler coauthors of the hugely successful Prescription for Natural Cures and Robin Young Balch have teamed up to create the most comprehensive and up to date book available on natural alternatives to prescription medications The book provides natural safe and effective ways to treat a wide range of common ailments including ADHD allergies diabetes depression erectile dysfunction eczema heart disease headaches and PMS You'll read in depth information not found in any other popular book about the pros and cons of prescription and over the counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines This book is essential reading for anyone who wants to take charge of his or her health Read it to live long and well Hyla Cass M D author of Supplement Your Prescription What Your Doctor Doesn't Know about Nutrition An outstanding resource for comparing common pharmaceutical and holistic treatments Ronald M Lawrence M D coauthor of Preventing Arthritis and The Miracle of MSM A must read for every person who wants to achieve better health and avoid the dangers of synthetic medications The authors do an exceptional job by telling you everything you need to know about getting well and

how to use supplements correctly and safely Suzy Cohen R Ph author of The 24 Hour Pharmacist [Nutrition and HIV](#) Mary Romeyn,1998-03-16 Treating HIV with Nutrition Nutrition and HIV addresses the issues of nutrition and HIV from the perspective of the patient as well as the physician Everyonewho is interested in the problems of and solutions to nutritionaltherapy in HIV owes it to themselves to read this book Paul A Volberding M D director Center for AIDS Research SanFrancisco This reference book offers a sound nutritional model for sustainingand improving quality of life for HIV positive men and women It outlines an easy to follow program for the prevention and treatmentof weight loss a common problem that if left untreated could leadto serious health decline or even death [Bottom Line Year Book, 2006](#) ,2005 [Drug Topics](#) ,1961 *The American Dietetic Association's Complete Food and Nutrition Guide* The American Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal s Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone s kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine **[Runner's World](#)** ,2008 **[Drum](#)** ,2007 [Mademoiselle](#) ,1999-09 [Medical and Health Care Books and Serials in Print](#) ,1997 *Eating Expectantly* Bridget Swinney,Tracey Anderson,1993 Whether they fall into the catgory of vegetarian junk food junkie or somewhere in between all expectant women will benefit from this book designed to help them improve their diets during this critical and important time Offering advice for high risk cases such as gestational diabetes the authors include 200 menus and 85 recipes developed with each stage of pregnancy in mind plus nutrient analysis and diabetic exchanges Fall River Press [McCall's](#) ,1995 **[American Dietetic Association Complete Food and Nutrition Guide](#)** Roberta Larson Duyff,2006-09-18 Offers tips and guidelines for following a healthy diet from

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