



Prevention's Healing with Vitamins

The Most Effective Vitamin and Mineral Treatments for Everyday Health Problems and Serious Disease-- from Allergies and Arthritis to Water Retention and Wrinkles

The current explosion in research about vitamins and minerals makes all previous books on the subject obsolete. This single volume presents in practical, use-it-now form, the best of what doctors currently know about using vitamins and minerals to cure diseases. Highlights include vitamins to take to prevent heart disease; those recommended by cancer specialists; and the various uses for the B vitamins. (0875962920)

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