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Comparative Guide [] Ask USANA

Comparative Guide to Nutritional SupplementsThe Comparative Guide is written by Lyle MacWilliam and is not a USANA publication. Any questions regarding its content should be directed to Mr. MacWilliam. His website should provide contact information: <https://www.nutrisearch.ca> Can't find what you are looking for? Please try your search again or submit a question here

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With the large number of consumers curently supplementing with various vitamins, minerals, and other nutrients, health professionals and consumers alike need a reliable, research-based source of information on these supplements. This 2nd edition maintains its status as a comprehensive resource for the entire spectrum of nutritional products. Each monograph includes the chemical nature of the compound, claims made for it and clinical research supporting or refuting those claims, risks and precautions and potential interactions. Includes entries on not only vitamins and minerals, but amino acids, probiotics, phytoestrogens, phytosterols, and more.

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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 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.

Board-certified cardiologist Dr. Stephen T. Sinatra discusses the importance of energy metabolism on cardiovascular health and the positive impact these three energy-supplying nutrients have on the cardiovascular system. He guides you through the basics of energy metabolism and cardiac bioenergetics, and clearly explains the role of coenzyme Q10, L-carnitine, and D-ribose in the body and specifically how they affect your heart health. He also provides concise and informative examples of case histories and scientific studies that are testament to the important contribution the supplemental use of these energy-supplying nutrients make in the lives of people with heart disease every day.

[]Into the Mouths of Babes is a fabulous book[]full of absolutely everything needed to provide babies with the nutritional foundation to set the stage for a lifetime of health and well-being.[] ~ Christiane Northrup, MD Ob/Gyn physician and author of the New York Times bestsellers: Women's Bodies, Women's Wisdom and The Wisdom of Menopause []Into the Mouths of Babes sets the highest standard for books on how to nourish our little ones. Susan elegantly weaves together all the practical details that parents need to know to feed a child in the best possible way: kitchen set-up, recipes, shopping, nutritional insights, food allergies, and much more. But this book will provide you with more than just great nutrition strategies. It teaches parents how to raise a child who's healthy in body, mind, heart, and soul.[] ~MARC DAVID Author of Nourishing Wisdom and The Slow Down Diet []Reading this book is like having a loving godmother in your kitchen, holding your hand while you learn to deeply enjoy feeding your family. Her non-judgmental and holistic approach to healthy cooking empowers parents to embrace this adventure, with a food mill in one hand and a spice jar filled with Love in the other.[] ~KATE SHORT LINDSAY Holistic Health Coach and Mother []Love beams from every page as Susan Tate so eloquently combines the science of nutrition and the essence of a joy-filled life. This will be the book I gift to all the families I work with as a holistic birth doula.[] ~DONETTE MORRIS Mother, Yoga Therapist, and Holistic Birth Doula []As a first time mother-to-be and nutritional novice, I feel well prepared to feed my baby having read Into the Mouths of Babes. Susan Tate's philosophy of serving whole foods mixed with []sacred nutrients[] like Love and Respect empowers me to tap my inner wisdom for guidance on what to eat and how to eat.[] ~GRETCHEN MUSGROVE Expectant Mother