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The Famous Guide to the Best-Stocked Drugstore of All—the Human Body

The Healing Nutrients Within



How to use amino acids to achieve optimum health • New research on their beneficial roles in cancer, Alzheimer's disease, depression, heart condition and more

ERIC R. BRAVERMAN, M.D.

author of Hypertension and Nutrition

with Carl C. Pfeiffer, M.D., Ph.D., Ken Blum, Ph.D. & Richard Smayda, D.O.

Healing Nutrients Within

Amy Myers, M.D.



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The Healing Nutrients Within Eric R. Braverman, 2003 Research and clinical use of amino acids are booming worldwide Aminos are becoming part of everyday life helping people sleep feel better and overcome anxiety depression and substance abuse This revision of the landmark book on amino acids covers the exciting discoveries of the last decade and shows how to use them in your personal health management program

The Healing Nutrients Within Eric R. Braverman, 2009-06-16 Your Personal MIRACLE DRUGS The two dozen amino acids present in the human body are now being shown to be among the most potent healing substances ever discovered These constituents of protein are necessary to every life process but research and clinical work in the last two decades have revealed a vast range of therapeutic functions for amino acids including arginine s ability to improve sexual dysfunction phenylalanine s pain relieving powers tyrosine s addiction fighting potential and energizing action methionine s role in the treatment of Parkinson s disease and as an antidepressant tryptophan s promising use with hyperactivity cysteine s emergence as one of the body s best free radical destroyers This update and revision of the landmark book on amino acids covers the exciting discoveries of the last decade and shows you how to use them in your personal health management program

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Food and Nutrients in Disease Management Ingrid Kohlstadt, 2016-04-19 Food and nutrients are the original medicine and the shoulders on which modern medicine stands But in recent decades food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress With contributions from highly regarded experts who work on the frontlines of di

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Dr. Atkins' Vita-Nutrient Solution Robert C. Atkins, 2011-05-24 THE HEALING

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[The Detox Diet](#) Elson M. Haas, 1996. Cleanse the body of sugar, nicotine, alcohol, caffeine, chemicals, and more. **Anti-Fat Nutrients**

Dallas Cloutre, 1997-04. In an easy-to-understand style, Cloutre presents 17 categories of nutrients plus the latest and most complete information available on metabolic biochemistry, why diets can actually increase body fat, how alcohol affects metabolism, and more. **Forthcoming Books** Rose Arny, 1997

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