



Naturopathic Nutrition: A Guide to Nutrient-Rich Food & Nutritional Supplements for Optimum Health

Abram Hoffer, Jonathan Prousky

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The authors identify the nutritional deficiencies and dependencies caused by our 'junk-food' diet that lead to malnutrition and other serious dietary diseases. They recommend a diet that is whole, alive, fresh, and varied, rather than processed, dead, stale, and monotonous. The book features a 12-step program for developing an individualized diet and a 30-page section on the nutrient content of common foods, and is fully referenced, based on the most current research. This book is part of the Naturopathic Good Health Guides Series of patient care and consumer health books designed to introduce naturopathic medicine to the general public.

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Sunday Richey:

A lot of people always spent their free time to vacation or go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity this is look different you can read a book. It is really fun in your case. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book Naturopathic Nutrition: A Guide to Nutrient-Rich Food & Nutritional Supplements for Optimum Health it is quite good to read. There are a lot of folks that recommended this

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