



Earl Mindell's New Vitamin Bible

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America's #1 Vitamin Book-With Extensive New Material, Special Sections, and a Total Guide to Good Health This classic guide has been completely updated to put the information you need at your fingertips: to live healthier, better, and longer. Discover: * how to maximize the effectiveness of your vitamins and supplements-by taking them in the right combinations and avoiding problems * new antiaging vitamins and supplements-they will keep your skin and body healthy and young-looking * the art of personalizing your dietary regimen-to fit your lifestyle, your health profile, and even your job * natural alternatives to hormone replacement therapy (HRT), Viagra, Prozac, and Valium * expanded sections on nutraceuticals, homeopathy, and aromatherapy-and how to find the best practitioners in these fields * healing regimens-for heart patients, stroke victims, diabetics, and arthritis sufferers * new warnings-about dangerous drug interactions and "miracle cures." Plus! Expanded sections on herbal teas and tinctures, beauty aids, diets, salt and sugar intake, and new ways to boost your energy level, fertility, and sex life.

Earl Mindell's New Vitamin Bible Details

Date : Published September 1st 2004 by Warner Books (first published 1980)

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Author : Earl Mindell

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From Reader Review Earl Mindell's New Vitamin Bible for online ebook

Jeremiah Hebert says

It's a book about vitamins (and minerals, amino acids, etc). It's an incredibly easy read- I read it cover to cover in about two hours. Highly recommended if you are trying to get healthy.

Deborah Good says

Generally a good reference---I used some of the information in class.

Melody says

Interesting, overwhelming and perhaps more anecdotal than not. He lost me entirely when he said that bodybuilders should be eating a diet comprised of 90% carbs, 10% protein & little or no fat. *snerk* Then came the credulous chapter on homeopathy. I can't recommend this, unless to someone already predisposed to believe in miracle cures. I'm certain that a lot of the information is very good, but there were so many red flags for me that I ended up not believing any of it.

Serge Pierro says

A comprehensive guide. It covers a wide range of vitamins and explains each one in depth. There are also sections devoted to health issues and other relevant topics.

Seeing says

A worthy addition to anyone's health reference library.

Noelle N. says

I was obsessive and read this from cover to cover. Really helpful!

Coryke says

This book is information overload. Actually, it isn't that there is too much information, so much as it is laid

out in a quirky manner. To find a basic regimen for vitamins, one has to jump about halfway into the book and it is found under a chapter title that was not obviously what I was looking for. Not being a nutritionist, I cannot vouch for the quality of the information. The general information about the vitamins and minerals themselves seems to fall within the range of broad consensus. Regarding specific vitamin plans for specific lifestyles, I have no idea.

Sandra says

There is no way to be 'finished' with a reference book.

That said, I have a deep appreciation for the comprehensiveness of the book. It lists the vitamin or mineral form that is most usable by the body—as well as its food sources.

Why not take iron with calcium? Why should thiamin (B1), riboflavin (B2) and B6 be taken in equal quantities? This is stuff your doctors just don't have time to tell you. It isn't their expertise.

The cautions and cross reference with interactions bring to my attention what prescribers might need to be involved in my choices, which is really all of my team of physicians.

I have eczema and have always been told it is related to stress. It is. I've observed that first hand. There are 11 references to eczema and underlying causes, other than stress.

Cravings? Covered to a degree. Vegetarian or vegan, got you covered.

I'm keeping this book forever—or until the next version comes out. And no, it's not in my lending library.
grin
