

Menopause: How Your Diet Can Help

Terrass, Stephen, author

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Abstrak

When we are advised to take medicine for our health, we naturally assume that it has been thoroughly researched by someone responsible. Stephen Terrass's books are designed to make us feel just as comfortable with vitamins, minerals, herbs and amino acids. Every aspect of dietary management and nutritional supplementation featured is supported by research published in respected international health journals and by many healthcare professionals. Through a combination of wise dietary selection and the use of sensible nutritional supplements he shows how it is possible to bring positive health back into our lives. In addition to information on the ailment or complaint, including symptoms, each title provides a complete dietary restriction and supplement guideline list and, where applicable, suggestions for exercise.