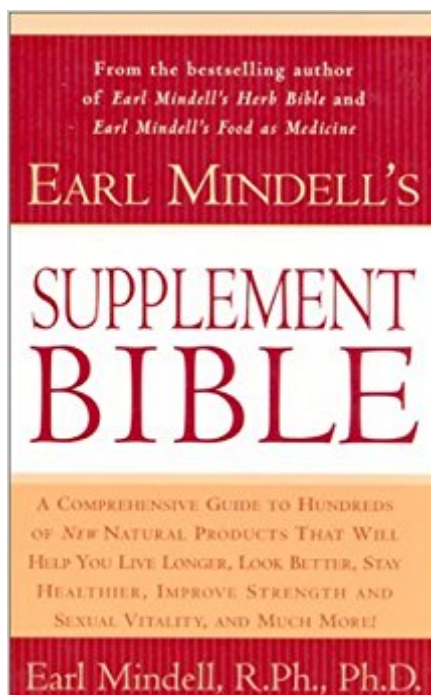


The book was found

Earl Mindell's Supplement Bible: A Comprehensive Guide To Hundreds Of NEW Natural Products That Will Help You Live Longer, Look Better, Stay Healthier, ... And Much More! (Better Health For 2003)



Synopsis

Burn Fat! Think Better! Enhance Your Sex Life! Fat blockers, antioxidants, sport supplements, nutraceuticals, natural hormones, and natural antidepressants are just some of the cutting-edge products that have recently been brought to market. All can be purchased over the counter. But which ones are right for you? Bestselling author Earl Mindell will help you negotiate the bold new world of supplements with this unique and comprehensive guidebook. Trying to build muscle? Creatine monohydrate and HMB can help you get more out of your workout Feeling blue? 5-HTP and Saint-John's-wort can give you a lift Want to lose weight? Fight fat with chitosan Looking to enhance your sexual performance? Try tribulus and ashwagandah Not as sharp as you used to be? Phosphatidylserine can help you regain twelve years of brain power Searching for a natural alternative to estrogen? Soyconcentrate is a rich source of plant estrogens that can help prevent cancer. Don't miss out! Let Earl Mindell show you how to look better, feel younger, and stay healthier.

Book Information

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Customer Reviews

The boom in nutritional supplements has been bewildering to most health-conscious people. One camp, made up mostly of traditional scientists and nutritionists, says that supplements are unnecessary, that you can get all the nutrients you need from a well-balanced diet. Then there's the group that says a normal diet can't supply all the super-duper stuff that researchers of varying

degrees of credibility discover on a regular basis. Which set is right? Earl Mindell, for one, is solidly in the latter, recommending virtually everything you'll find on the shelves of your neighborhood nutrition store. He answers questions you might have about supplements you've heard of but don't understand, and he explains what all the excitement (if any) is about. From DHEA to cat's claw, bovine tracheal cartilage to chromium picolinate, he endorses all. --This text refers to the Paperback edition.

Earl Mindell, R.Ph., Ph.D., is the bestselling author of Earl Mindell's New Herb Bible, Earl Mindell's Vitamin Bible for the 21st Century, Earl Mindell's Peak Performance Bible, Earl Mindell's Food as Medicine, Earl Mindell's Secret Remedies, Earl Mindell's Anti-Aging Bible, and Earl Mindell's Soy Miracle. He is a registered pharmacist, a master herbalist, and a professor of nutrition at Pacific Western University in Los Angeles; he also conducts nutrition seminars around the world.

Great book and full of new information. Earl Mindell does it again!

Good

Very helpful quick look up book on supplements (some familiar, many not so). Mindell links them to various conditions and recommends dosage and usefulness. Great book!

Its seems every supplement has a positive side. I feel it exaggerates many of the benefits. It is good for reference but do not take the reviews verbatim. As with any supplement listen and watch small changes in your body.

cool

Good reference; but the author could have expanded on the varied benefits of some of these suppliments, particularly with regard to uses in the Natural treatment of cancer.

I didn't learn anything. Only that i should be popping pills all the time, even if those pills are supplements.

Item as described. Shipped very fast! I would definitely buy from this seller again. Thank you

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