



# The Complete Guide to Nutrients: An A-Z of Superfoods, Herbs, Vitamins Mineral and Supplements

*Dr Michael Sharon*

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With processed foods and commercially-farmed produce offering us less in the way of essential nutrition these days, people are taking a greater interest in their diet as a way to stay healthy and cope with illness and everyday stress. As a result the market is swamped with health claims for every kind of food and a profusion of health supplements, each one claiming wonder properties. Now in its sixth edition with many new entries and new, updated information on existing entries, Nutrients A-Z is an easy-to-use reference to every food, herb, vitamin, mineral or supplement you might encounter: from bananas and carrots, olive oil and yoghurt (the oldest natural medicines), to guarana and St John's Wort. Each entry gives a definition in plain language: what it is and where it comes from; the form it takes; how to prepare or enjoy it; its medicinal and health benefits and recommended daily dose.

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