



A Woman's Guide to Vitamins, Herbs, and Supplements (Healthy Home Library)

Deborah Mitchell

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- A-to-Z format provides the latest information on natural supplements that can effectively tackle health concerns faced by women
- Comprehensive information on the health challenges today's women face throughout life, all in an easy-to-follow alphabetical format
- Useful, little-known, important information "Of Special Interest to Women" in every entry
- Guidelines on how to develop a personalized nutrition plan for women of every age and stage of life
- An overview of the state of women's health today?from heart and bone disease to breast cancer to hormonal and reproductive issues?including the latest research and resources
- And more.



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