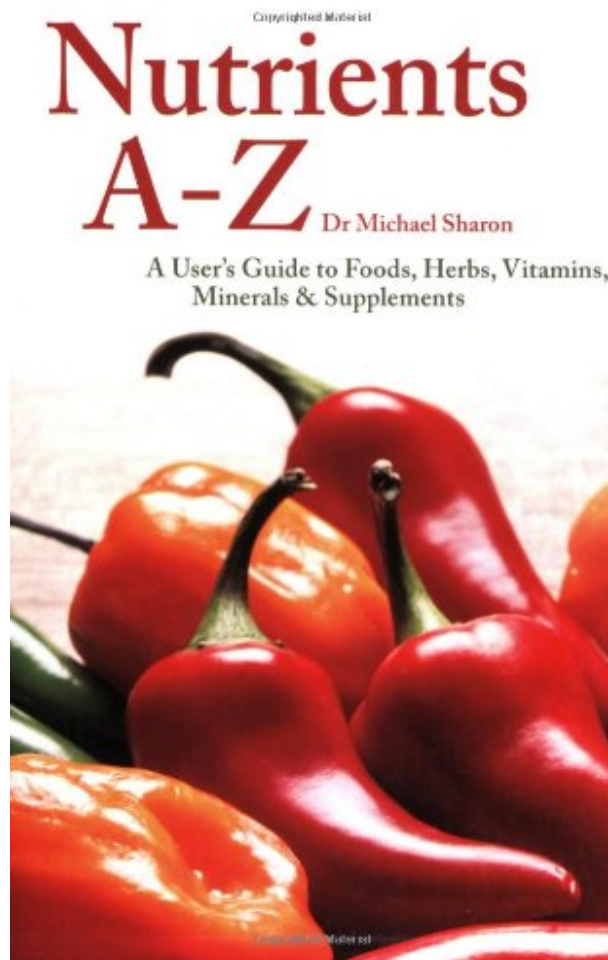


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# Nutrients

## A-Z Dr Michael Sharon

A User's Guide to Foods, Herbs, Vitamins,  
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## Review

"An easy-to-use guide to every nutrient you might ever encounter" - Woman's Realm"

## About the Author

Dr. Michael Sharon is a nutrition consultant to health food companies with his own private practice. He is the author of the bestsellers **Complete Nutrition**, **Eat to Live**, and **Food and Health** and is Israel's leading expert on nutrition.

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# **NUTRIENTS A-Z: A USER'S GUIDE TO FOODS, HERBS, VITAMINS, MINERALS & SUPPLEMENTS BY DR. MICHAEL SHARON PDF**

With processed foods and commercially-farmed produce offering us less and less 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 fifth edition with many new entries and updated information in existing entries, Nutrients A-Z is an easy-to-use dictionary of every food, herb, vitamin, mineral, or supplement you might encounter, from bananas and carrots, olive oil and yogurt (the oldest natural medicines), to blueberries, 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. In addition, any other key terms or nutrients that are mentioned within the entries are marked in bold to let the reader know that there is a separate entry on that subject.

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Excellent resource

By LDJ

Great source of succinct, lesser known and very readable facts about a large number of foods, primarily nutrient rich ones. Wish it was longer, but a very useful reference which I check regularly when doing a food check.

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