



The Importance of Good Nutrition, Herbs and Phytochemicals: For Your Health, Good Looks, and Longevity

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A complete book on health, wellness and weight management . . . In this book you'll find a thorough discussion on: 1. The nutritional basis of obesity, degenerative diseases, and the aging process, and steps you can take to avert or minimize them . . . 2. How the body processes and utilizes the food you eat to give you energy, build and repair tissues, and enhances your physical appearance . . . 3. Vitamins, minerals, amino acids and phytochemicals and how they influence your mental and physical well-being, boost your immune system, enhance your sexual drive and fertility, minimize the onset of degenerative diseases, as well as slow the aging process . . . 4. Herbs, herbal teas and spices and how they may help balance, optimize, strengthen and revitalize tissues and organs as well as the whole body . . . 5. Why nutritional supplements--antioxidant vitamins and minerals, herbals and phytochemical--can contribute to your everyday living and longevity; and many, many more exciting topics. Get a copy of this book today, it will change the way you eat and live for the better.

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