



Prescription for Nutritional Healing 2nd Second Edition

James Balch

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Prescription for Nutritional Healing 2nd Edition is the expanded second edition of America's best-selling guide to nutritional, herbal, and complementary therapies. The book is divided into three parts. Part One explains and lists the various nutrients, food supplements, and herbs found in health food stores and drugstores; Part Two describes common disorders, from acne to cancer to yeast infection, and names the supplements that can be used to combat the conditions; and Part Three is a guide to traditional remedies and therapies that can be used in conjunction with a nutritional program. In addition, there are helpful self-diagnostic tests and insets throughout the book that offer in-depth coverage of a wide variety of topics.

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