



## Prescription for Nutritional Healing, 4th Edition

By Phyllis A. Balch CNC

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With more than five million copies sold, "Prescription for Nutritional Healing" is the most trusted, comprehensive source on dietary supplements, vitamins, minerals and herbs. A pioneer in the field of nutritional healing, Phyllis Balch passionately and meticulously researched and compiled this groundbreaking book. Now a generation later, her message has more relevance than ever: consume fresh foods, avoid processed foods and those high in fat, and optimise your intake of essential nutrients with the right supplements. Today's well-stocked vitamin and natural health stores can be confusing, and people need Balch's clear, concise, landmark guide.

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### Editorial Review

#### From Library Journal

Written by a medical doctor and a certified nutritional consultant, this comprehensive guide to nutritional, herbal, and complementary therapies discusses natural healing programs for some 300 health conditions. Arranged in alphabetical order, it's a useful ready-reference tool, although it could have benefited from a good bibliography.

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#### Review

This second edition has been expanded to reflect the latest research on drug-free remedies in the field of nutrition: as such it provides an excellent assessment and review of herbal tinctures and diets. From high blood pressure remedies to handling infections, this is packed with practical advice. -- *Midwest Book Review*

#### About the Author

Phyllis A Balch was a leading counsellor for more than two decades. Convinced that nutrition was, in many cases, the answer to regaining and maintaining health, Ms Balch testified before congress on the efficacy of natural healing.

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