



Better Healthy Living - Book Two - The Nutrition List (Paperback)

By Ian James Keir

Ian Keir Associates, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is intended as a reference work with detailed information on the nutritions, the interactions between drugs and nutritions, the nutritions contained in different foods, a Recommended Daily Allowance, a Tolerable Upper Intake Levels for Vitamins and Minerals not found in other health books. A list of all the major nutrients (vitamins and minerals) has been included. Each nutrient has information on how the body utilises that particular nutrient, food sources which contain that nutrient, the processing losses of the nutrient, the Recommended Daily Allowances (RDA) for the different age groups, factors (diseases) increasing demand for that nutrient, health problems that can be helped by that nutrient, effects of overdose and toxicity, synergistic nutrients and finally drugs affecting the nutrient and in some case vice versa. Also there a list of nutrient/drug interaction for each nutrient with an index at the end of the book listing over 2,000 drug/nutrient interactions in drug name order listing the nutrient list for each drug showing which drugs have many interactions and some having little interaction. This list can be very handy if you...



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