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 **Nutrition almanac.**

Author(s) : [Kirschmann, G. J.](#)

Book : [Nutrition almanac](#). 1996 No.Ed. 4 pp.viii + 494 pp. ref.6 pp. of

Abstract : The Nutrition Almanac: Offers simple, sensible, accurate and correct nutritional information; Provides a full nutritional analysis of more than 1600 foods; Explains the scientific basis for preventing and sometimes curing, illnesses; Tells how to use proper nutrition; Tells how to use vitamin and mineral supplements for better health; Provides source and dosage information on vitamins and minerals; Covers 100 nutrients; antioxidant, phytochemicals, polyphenols and phytoestrogens in optimum amounts; Reveals the latest findings on herbs and herbal remedies; Offers helpful information on healthy cooking; Explores alternative treatments such as homeopathy and aromatherapy; Explains the relationships among exercise, diet and health; a

important information for easy reading.

ISBN : [0070349223](#)

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Country of publication : [USA](#)

Language of text : [English](#)

Language of summary : [English](#)

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Descriptor(s) : herbal drugs, medicinal plants, nutrition

Identifier(s) : drug plants, herbal medicines, medicinal herbs, officinal plants

Broader term(s) : Homo, Hominidae, primates, mammals, vertebrates, Chordata, eukaryotes

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