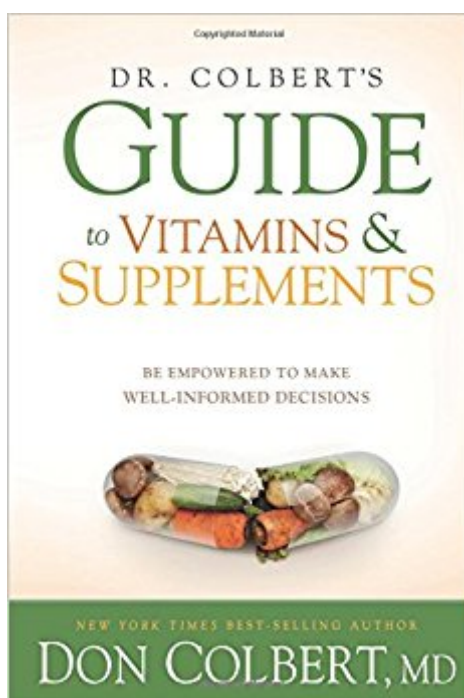


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# Dr. Colbert's Guide To Vitamins And Supplements: Be Empowered To Make Well-Informed Decisions



## Synopsis

Dr. Colbert's unique, balanced, natural health approach will help readers to make sense of the overwhelming information available on vitamins and supplements, empowering them to make well informed decisions specific to their health goals. Whether it is to slow the aging process, lose weight, balance hormones, boost energy, or heal and prevent specific health conditions and diseases, this book will be an important tool in the hands of health conscious readers. Don Colbert, MD, who has published more than forty books, now offers all of his advice for nutritional supplements in one volume, explaining how to: Choose the best multivitamins and individual supplements and recognize harmful and expensive ingredients to avoid Create the right combination of nutrients and the proper dosage to reach your specific health goals • slowing the aging process, losing weight, balancing hormones, boosting energy, or healing and preventing disease Eat the right foods to boost the benefits of your supplement program and reach your goals faster Break any dietary and lifestyle habits that could be interfering with your body's ability to fully benefit from the nutrients you ingest

## Book Information

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## Customer Reviews

Don Colbert, MD, is board-certified in family practice and anti-aging medicine and has received extensive training in nutritional and preventative medicine. He is the author of two New York Times best-selling books: The Seven Pillars of Health and Dr. Colbert's "I Can Do This" Diet, along with best sellers Toxic Relief, the Bible Cure series, Living in Divine Health and Stress Less. He has sold more than ten million books and treated over fifty thousand patients in

his more than twenty-five years of practicing medicine.

This is the second time I have purchased this book. I bought one for myself and I have liked having it around for reference so much, that I ordered another one for a friend of mine! Very easy to read through, and then to keep in the house for referencing when I need to look up something. And unlike the internet, I know who is giving me the information and I trust this Doctor!

This book you need in your library. So full of great information.

Great resource on nutrients and vitamins

Just as expected. : )

I can save you \$10. Drink water, don't get stressed and don't smoke. I thought this would be more of a good guide on what Vitamins and supplements to take but so far over 25% into it the author spent over 35 pages on stress.

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