

AVAILABLE NOW



VITAMINES AND MINERALS ESSENTIAL FOR OUR HEALTH

*A useful guide that informs about health improvements,
because of taking vitamins and minerals.*

Synopsis

Are vitamins really good for us? And minerals? Millions of scientifics are supporting this theory. Vitamins and minerals are necessary for our health (our heart, resistance against viruses and cancer). In this guide, it is explained how these important health tips can play a

big role in changing our health for the better.

The authors

Liz Brown. She works as a freelance writer, is an expert in health and nutrition and her articles appear frequently in magazines in Portland, Oregon and in the whole US.

Jack Challem. He is one of the best known authors of health books. He is the editor of the magazine "The Nutrition Reporter" and author of several books and articles dealing with this topic.

The guides of this new collection inform the reader in a direct way about frequently asked questions about health and give direct answers to all the questions that are lying on our souls. What vitamins or minerals are the best for supporting a diet and to improve our health? What medicines on herbal bases are really useful? What are the most effective dietary supplements? In the books "Guías de Salud" (practical format + concise style), you will find everything you should know about the best working dietary and herbal supplements and nutrition in general that can help you to feel better and to prevent or alleviate problems with your health fast.

Title: Vitamines and minerals
essential for our health
Authors: Jack Challem and
Liz Brown

Size: 13,5x21 cm
ISBN-13: 978-849763361-1
Pages: 176
Price: 12,95 \$