



Secrets of Supplements: The Good, The Bad, The Totally Terrific

Gloria Askew, Jerre Paquette

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***SECRETS OF SUPPLEMENTS* is one of those excellent health books that you will buy a few copies of and pass around to your friends and family.**

Not only is it worth reading, but it is a must read.

This book is so clearly written that it feels more like having a nutritional conversation with these nutrition professionals.

Nutrition in general and food supplements in particular are part of a multi-billion dollar industry that is poorly regulated and loosely controlled. Some supplements are good, some are bad, a very few are totally terrific. Can you tell the difference?

WHAT YOU MIGHT NOT KNOW:

* Cancer, heart disease, diabetes, birth defects, and other common disorders have been linked to nutritional deficiencies.

*Licensing regulations may prevent or discourage your physician from advising you about nutrition and supplements.

*Existing government regulations do not assure your supplements are safe or effective.

WHAT YOU CAN DO:

Arm yourself with contemporary knowledge and penetrating questions as you search for the best supplements in the world. This book will help you do just that.

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