



Everything You Always Wanted to Know About Potassium but Were Too Tired to Ask

Betty Kamen

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Everything You Always Wanted to Know About Potassium but Were Too Tired to Ask Betty Kamen
Proving a clear connection between potassium deficiency and stress, which affects two-thirds of Americans over 60, Dr. Kamen then proceeds to outline a healthy path to balancing sodium and potassium levels throughout life. (Nutrition Encounter, Inc.)

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