

Prescription For Nutritional Healing

A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs, & Food Supplements

By Phyllis A. Balch

The Amino Revolution

The Breakthrough Program That Will Change The Way You Feel

By Dr. Robert Erdman, Ph.D.

The Healing Nutrients Within

Facts, Findings and New Research on Amino Acids

By Dr. Eric Braverman, M.D.

Amino Acids in Therapy

A Guide to the Therapeutic Application of Protein Constituents

By Leon Chaitow

The Ultimate Nutrient, Glutamine

How to use Glutamine to Strengthen the Immune System, Improve Muscle Mass, Heal the Digestive Tract

By Judy Shabert

Breaking Your Prescribed Addiction

A Guide to Coming Off Tranquilizers, Antidepressants, Pain Pills and Other Pharmaceuticals, Using Amino Acids and Nutrients

By Billie Jay Sahley, Ph.D. and Katherine M. Birkner, Ph.D.

Anti-Fat Nutrients:

Safe and Effective Strategies for Increasing Metabolism, Controlling And Losing Fat in 15 Days

By Dallas Cloutre, Ph.D. and William Karneges, M.Sc.

The Carnitine Miracle

The Supernutrient Program That Promotes High Energy, Fat Burning, Heart Health, Brain Wellness and Longevity

Robert Crayhon, M.S.

The Super Hormone Promise, Nature's Antidote to Aging (DHEA)

The Definitive Book with the Latest on DHEA:

Grow Younger at Any Age

Add Decades to Your Life

Invigorate Your Sex Life

Maintain Vigor, Health and Energy into Your 80's, 90's, even 100's

By William Regelson, M.D.

Healthy Healing

A Guide to Self-Healing for Everyone

Linda Rector Page, N.D., Ph.D.

Chromium

A Remarkable Micro-Nutrient Which May Protect Against Cardiovascular Disease, Diabetes and Obesity

Provides Valuable Information on Breakthrough Research, Safety and Therapeutic Uses of Chromium

By Rita Elkins

Lifting Depression: The Chromium Connection

A Psychiatrist's Unrelenting Search to Help His Patients Overcome Depression and the Medical Discovery That Changed Their Lives

By Malcolm Noell, M.D.

Weight Solutions: The New Body-Mind-Spirit Approach

A Workbook that Works

By Janet Cunningham and Judith Valentine

The Stress Cure

A Simple, 7 Step Plan to Help Women Balance Mood, Improve Memory and Restore Energy

By Dr. Vern S. Cherewatenko

Stop Aging Now!

The Ultimate Plan for Staying Young and Reversing the Aging Process

Base on Cutting-Edge Research, Revealing the Amazing Antiaging Powers of Supplements, Herbs and Food

By Jean Carper