



The Family Guide to Vitamins, Herbs, and Supplements (Healthy Home Library)

Deborah Mitchell

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THE FAMILY GUIDE TO VITAMINS, HERBS AND SUPPLEMENTS

- The most comprehensive, up-to-date information you need to choose the safest, most effective natural supplements for you and your family
- A-to-Z glossary of all the essential vitamins, herbs, and supplements available—with detailed descriptions, dosages, benefits, and precautions
- Simple daily recommendations for every member of the family: men, women, and children of all ages
- A handy quick-reference guide to common ailments—from acne and bronchitis to migraines and ulcers—featuring simple natural remedies that really work
- The latest medical findings on women's bone health, children's immune systems, the health effects of aging, and other need-to-know subjects
- *Plus* a Natural Medicine Survival Kit—an all-purpose, easy-to-follow action plan to help you take control of your family's health

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