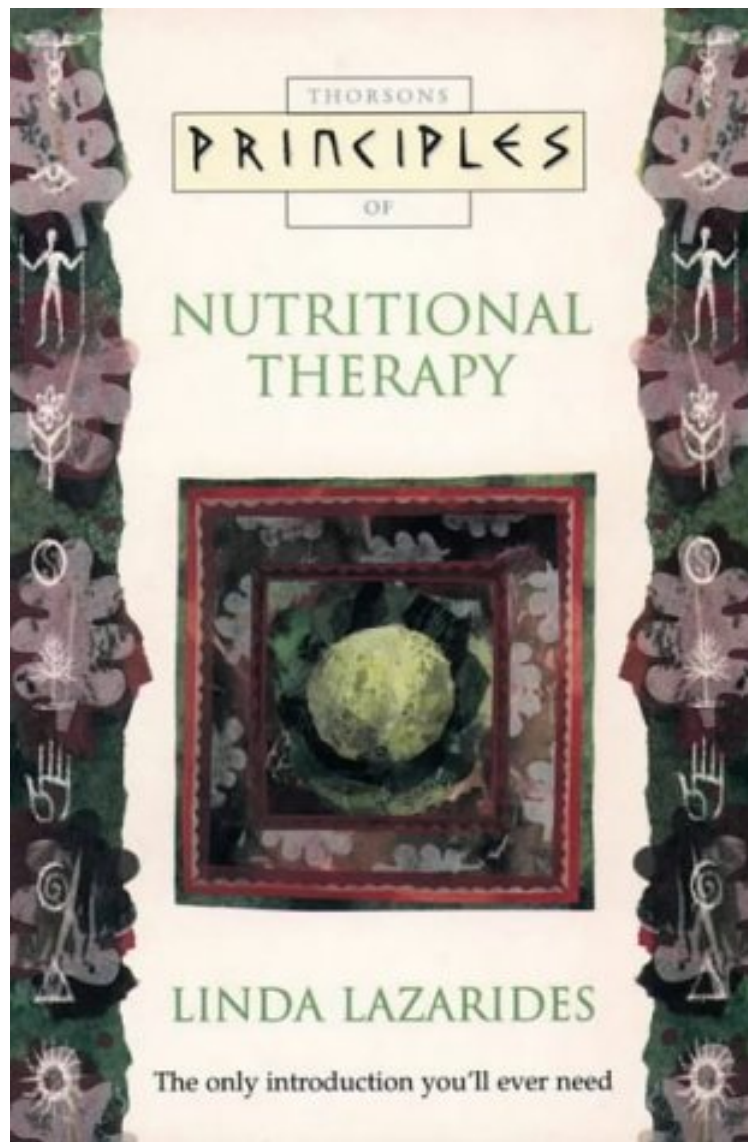


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Nutritional Therapy: The only introduction yoursquo;ll ever need (Principles of)

Linda Lazarides

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Linda Lazarides : Nutritional Therapy: The only introduction yoursquo;ll ever need (Principles of) before purchasing it in order to gage whether or not it would be worth my time, and all praised Nutritional Therapy: The only introduction yoursquo;ll ever need (Principles of):

2 of 3 people found the following review helpful. Overview, no solutions By M. Jorgensen This is a book about Naturopathic type healing. It offers very little in actual cures. It just supports natural medicine as a path you can take.

An introduction to how to change your diet to change your health and what a nutritional therapist offers. Many people are consulting nutritional therapists due to food allergies and other problems, many of which are caused by the body's inability to absorb essential nutrients due to the effects of antibiotics and other drugs and environmental pollutants. The book outlines:

- how deficiencies occur
- how nutritional therapy works
- which key illnesses, such as eczema, asthma, candida, ME, arthritis and muscle pain, or food allergies the therapy can fight

From the Publisher: An exceptionally well-reasoned case that nutritional problems are responsible for much of today's chronic ill health, and explains the work of the nutritional therapist--a complementary medicine practitioner who uses special diet and nutritional products to combat ill health and chronic disease.

From the Back Cover: Environmental pollutants and the use of antibiotics and other drugs cause changes in the body which can affect its ability to absorb and assimilate nutrients. Widespread nutritional deficiencies causing much chronic illness have resulted from this in our society. Nutritional therapists, complementary medicine practitioners working with special diets and vitamins, are often able to cure illnesses such as eczema, chronic fatigue, pre-menstrual syndrome, irritable bowel syndrome, hyperactivity and migraine.

This introductory guide explains:

- How deficiencies occur.
- How nutritional therapy works.
- Which key illnesses the therapy can fight.

Linda Lazarides is a Director of the Society for the Promotion of Nutritional Therapy. She is a practising nutritional therapist with several years' experience of working with a GP. She is an advisor to the Institute of Complementary Medicine and BACUP and is on the advisory panel of 'Her' Health magazine.

About the Author: Linda Lazarides is Director of the Society for the Promotion of Nutritional Therapy. She is on the board of experts of Her' Health magazine and is also author of Nutritional Health Bible