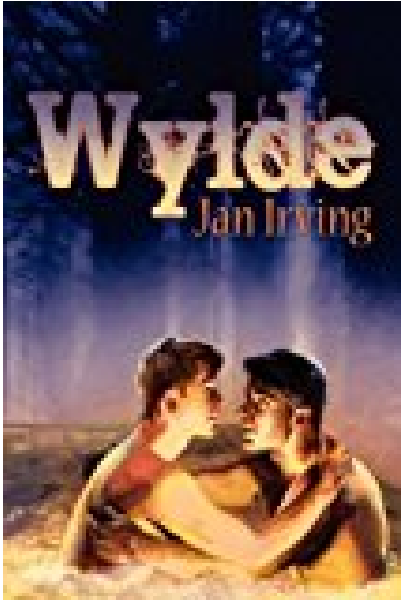


Wylde



BOOK DETAILS

- Author : Jan Irving
- Pages : 236 Pages
- Publisher : Dreamspinner Press
- Language : English
- ISBN : 1615813748

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BOOK SYNOPSIS

The value of living healthily is indisputable, but what exactly can we do in our daily lives to be our healthiest self? In his new book, Bryce Wylde sets out to answer that question. He sorts out the confusing terminology used to describe natural medicine and leads us through a process of discovery about our own real state of health by showing how state-of-the-art self-testing now permits us to properly assess where we were vulnerable and where we were not. Whether you are worried about a vitamin deficiency or wonder if you're lacking the "feel good" brain hormone serotonin -- or even if you just want to ensure you're not wasting your money on supplements -- you'll learn what simple steps to take to test yourself. Wylde surveys and individually rates an array of present-day natural remedies from a no-nonsense, evidence-based perspective. He takes us on a guided tour of today's hottest health trends, highlighting what is good and steering us away from what is dubious (or outright snake oil). Underlying Wylde's ratings is the very latest research -- and he makes it clear that in the face of the astronomical rise in disease and the ubiquity of nutrient-devoid foods, we have no choice but to supplement our diets with vitamins, minerals and antioxidants if we want to live to our fullest potential. Finally, Wylde on Health explores how we will increasingly use the strategic supplementation he recommends to redress genetic predispositions -- the future of preventative health care.

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