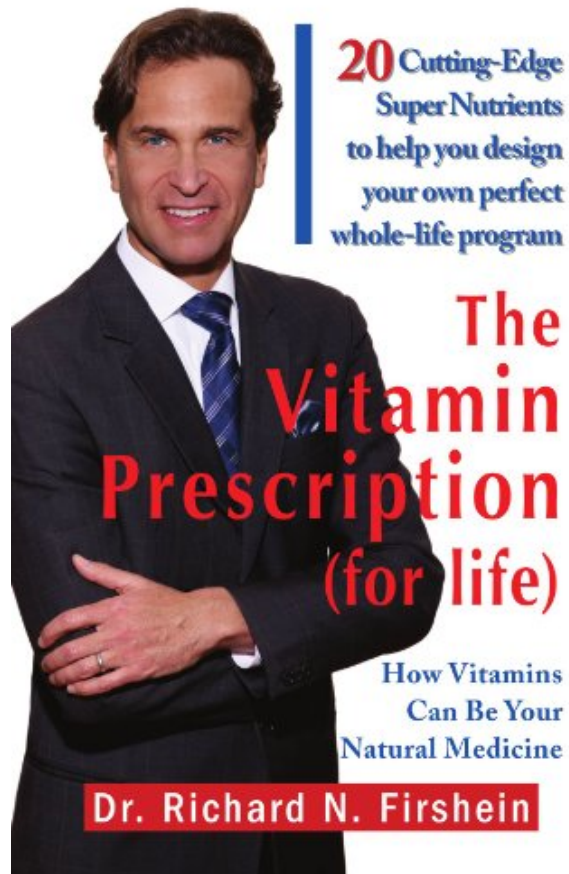
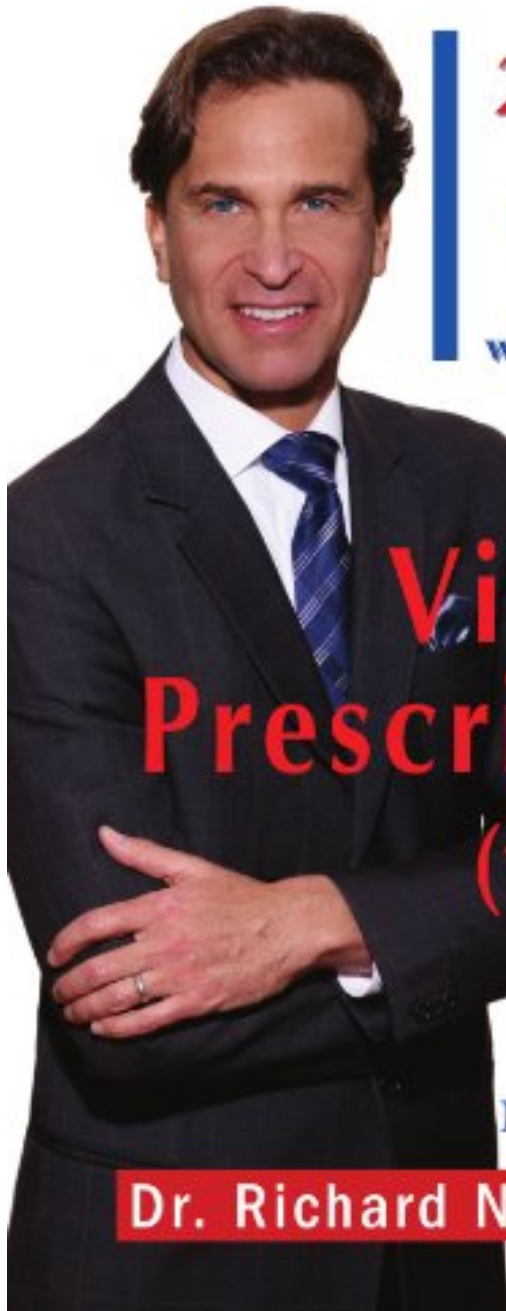


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Today, front-page news about medical triumphs not only cover advanced medical breakthroughs but also puts emphasis on the power of nutrition. Discover miracles and stories of natural healing that will surprise and inspire you in The Vitamin Prescription (for life).

For over twenty years of his medical practice, Dr. Firshein often relied on a versatile, hardy, and relatively small army of researched nutrients to do much of the healing work. Nutraceuticals are nutrients that have the capacity to act like medicines. They are "natural" pharmaceuticals.

This miracle nature's power to heal has always been available to us. But it is only now that science has given us the tools to understand the mystery of healing foods and nutrients. Soy, for example, can boost and balance hormones and help prevent cancer. Fish oils and ginkgo are just some of these "supernutrients" that work wonders for your health.

An excellent resource that is easy to read and informative, The Vitamin Prescription (for life) offers you a healthy way of eating and living, along with the most powerful nutrients known to medicine. These nutrients are not magic bullets that can work on their own. They need to be accompanied by healthy lifestyle changes, exercise, and stress-reducing activities like meditation and yoga.

If one eats well, lives well, and adds one or more of the necessary "super" supplements, 80% of chronic illnesses can be reversed or prevented entirely. Embrace the nutraceutical revolution and achieve maximum health!

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This is an OUTSTANDING book and I strongly recommend it to anyone who wants to learn about and APPLY

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Dr. Firshein is a complementary physician with stellar credentials who has \*personally\* benefitted from using selective nutritional supplements to treat an asthmatic condition.

The book is extremely \*well-referenced\* with studies from peer-reviewed journals that support Dr. Firshein's recommendations. Most important, however, is that the efficacy of his recommendations are also supported by the \*results\* his many patients obtained. Thus his suggestions are \*empirically grounded\* BOTH academically and CLINICALLY!

Dr. Firshein interweaves the scientific evidence in support of his recommendations with case studies showing how his patients have benefitted from supplements. This makes the book eminently "readable" and compelling. I'm sure that readers could "identify" with patients who came to see Dr. Firshein seeking relief from such diseases as diabetes, asthma, arthritis, etc.

The book is extremely well-organized by both specific medical conditions and specific nutritional supplements and their uses for such conditions. He also, recommends specific doses of each supplement for particular conditions. Thus readers can quickly find which supplements can be helpful for their malady .

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