



## Leslie Beck's Nutrition Guide for Women: Managing Your Health with Diet, Vitamins, Minerals, and Herbs (Paperback)

By Leslie Beck

John Wiley and Sons Ltd, United States, 2003. Paperback. Book Condition: New. 235 x 192 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A guide to staying well and reducing the risk of disease through nutrition Backed by the latest scientific research, this accessible guide explains how women can manage their most pressing health concerns from migraines, anemia, and fibromyalgia to urinary tract infections and thyroid disease through diet, vitamins, minerals, and herbs. Leading nutritionist Leslie Beck outlines the symptoms, risk factors, and treatments or prevention strategies for women's common health conditions and offers recommended strategies, supplements, and remedies. She also details the current scientific studies in order to identify the most effective nutritional treatments. This book will help healthy women stay well and lower their chances of disease as well as offer aid to women with a specific condition who want to do whatever they can through diet and supplements to manage it.



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