



## Nutritional Therapy: The Only Introduction You ll Ever Need

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By Linda Lazarides

HarperCollins Publishers, United Kingdom, 1996. Paperback. Book Condition: New. 196 x 127 mm. Language: N/A. Brand New Book. 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.



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