

The nation's #1 bestselling guide to natural remedies— NOW COMPLETELY REVISED AND UPDATED.

Including updated research on:

ALZHEIMER'S DISEASE

MENOPAUSE

ADHD and ADD

CELIAC DISEASE and NON-CELIAC GLUTEN SENSITIVITY

CHRONIC FATIGUE SYNDROME

LOW-CARB DIETS and FASTING

DIABETES

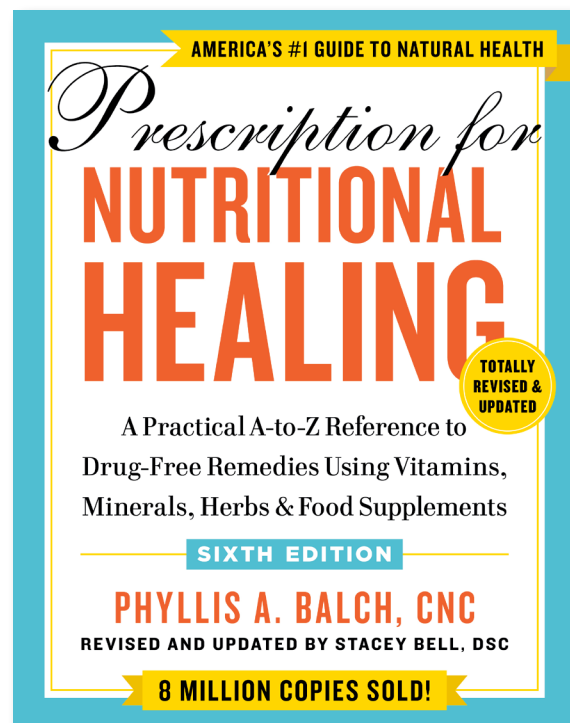
ALLERGIES

AGING and AGE-RELATED MACULAR DEGENERATION

COVID-19

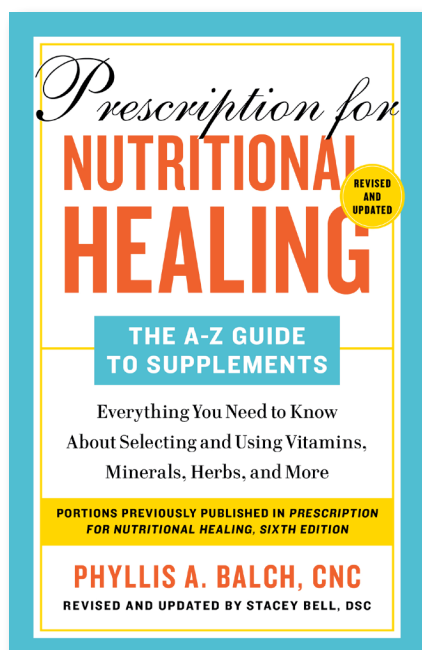
- Natural remedies to help you avoid it and heal from it
- The related increase in depression and anxiety
- Ways to distinguish between common respiratory illnesses like colds, Influenza and COVID-19
- COVID-19 pneumonia and how it differs from regular pneumonia

And new resources and suggested reading, plus full citations for all new material



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The convenient, pocket-sized edition of the nation's most trusted guide to holistic health—COMPLETELY UPDATED!



Drawing from the newly revised *Prescription for Nutritional Healing, Sixth Edition*, it now includes:

- Recent scientific discoveries about Vitamins A, C, D, B12, Biotin, Coenzyme-Q10, and Calcium
- The newest information on herbs, such as Turmeric, Ashwagandha, Flax seeds and oils, Lemongrass, St. John's wort, and sugar substitutes, including stevia and monk fruit
- Up-to-date research on natural approaches to weight loss
- Science-based information about COVID-19

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