



## The Complete Idiot's Guide to Vitamins and Minerals, 3rd Edition (Complete Idiot's Guides (Lifestyle Paperback))

By Alan H. Pressman, Sheila Buff

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*The most up-to-date lowdown on vitamins and minerals.*

Updated and revised for the first time since 2000, this new edition of *The Complete Idiot's Guide to Vitamins and Minerals* covers all the latest research and developments in vitamins, minerals, and supplements in the last six years. It features significant new information on Vitamins A and E, folate, and glycosamine, among many others, and sets the record straight on much of the conflicting information out there on this subject.

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## **Editorial Review**

From the Back Cover

For anyone interested in health and nutrition, this guide provides up-to-date information. It explores the functions, benefits, and risks of each essential vitamin and mineral, and gives accurate information about the hottest supplements, including antioxidants, DHEA, and melatonin. The book also points out which drugs and foods may block the body's absorption of important nutrients.

About the Author

ALAN H. PRESSMAN, D.C., Ph.D., C.C.N., is a chiro-practor and board-certified dietitian and nutritionist. He is the host of the radio show "Healthline with Dr. Pressman," which runs three times a week on WEVD in New York City. The nationally syndicated edition of the show airs every Saturday morning on more than 50 stations through the Equity Radio Network.

SHEILA BUFF is the co-author of many books, including (with Dr. Robert C. Atkins) the best-seller Dr. Atkins' Age-Defying Diet Revolution.

## **Users Review**

**From reader reviews:**

**Omar Hinojosa:**

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**Nancy Deanda:**

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