



Putting it All Together: The New Orthomolecular Nutrition (Paperback) - Common

By (author) Morton Walker By (author) Abram Hoffer

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Orthomolecular nutrition is based on diets and food supplements of essential vitamins and minerals specifically selected to solve individual problems and needs. In this expanded, updated and revised edition, the author discusses orthomolecular medicine and treatment with case histories.

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