



DR. CASS INGRAM

Nutrition Tests *for* Better Health

*Find out what
your body needs...*

Nutrition Tests For Better Health

Dr. Cass Ingram

Nutrition Tests For Better Health:

Nutrition Tests for Better Health Dr. Cass Ingram, In Nutrition Tests for Better Health Dr Cass Ingram offers a guide to help you determine your body's unique nutritional needs Learn how personalized nutrition tests can reveal where you may be deficient and what foods or supplements can support your well being This book provides practical advice on how to identify the right vitamins minerals and foods to help maintain a healthy balance Discover how to optimize your diet address imbalances and make informed choices about supplements to support your overall health and metabolism Through Nutrition Tests for Better Health you will determine what foods will correct your symptoms and imbalances the dosages and types of vitamins and minerals for optimal health what foods can damage your body plus how to reverse such damage what hormonal imbalances you have and how you can strengthen your metabolism

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