

NUTRITIONAL **Self-Defense**

**Better Health in a Polluted,
Over-Processed, and Stressful World**



Lily Splane, M.N.

Nutritional Self Defense

Wisconsin State Federation of Labor



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Proceedings of the Annual Convention Wisconsin State Federation of Labor,1905 **Turn Your Supermarket Into a Health Food Store** Lisa Messinger,1991 Many products touted as health foods are laden with artificial preservatives while some normal brands are actually much healthier Turn Your Supermarket into a Health Food Store offers clear comparisons of hundreds of brand name foods enabling the consumer to see through the false claims and health hype and shop confidently

Antioxidants Carolyn Reuben,1995 This book explains how antioxidants fight disease and the aging process and how they can easily be incorporated into a daily diet Vitamins A and E beta carotene and selenium may be the body s best defenses against cancer heart disease stroke and cataracts This book outlines complete dietary recommendations and more

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