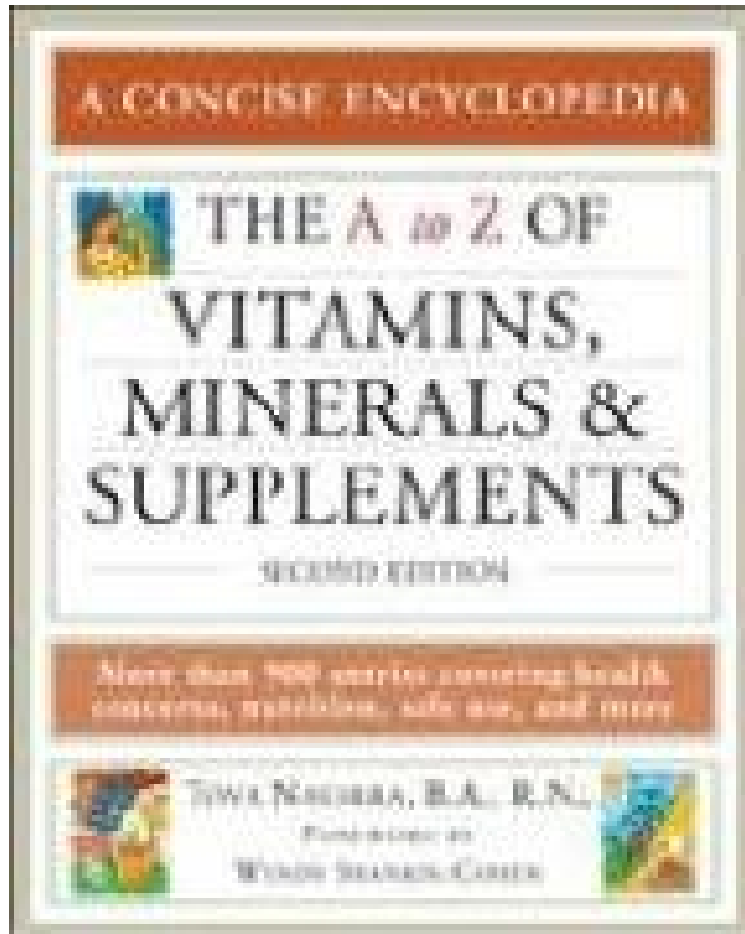


[Get free] The A to Z of Vitamins, Minerals and Supplements (A to Z Encyclopedias)

## The A to Z of Vitamins, Minerals and Supplements (A to Z Encyclopedias)

*Tova Navarra R.N.*

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**Tova Navarra R.N. : The A to Z of Vitamins, Minerals and Supplements (A to Z Encyclopedias)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The A to Z of Vitamins, Minerals and Supplements (A to Z Encyclopedias):

3 of 3 people found the following review helpful. Very Good Book, Informative, and I Use It For Reference Regularly By Mr. Green Thumb This book has been out for a while and I'm surprised that I'm the first to write a review. I took a chance into buying something that I don't know anything about but I'm glad that I did. Like the title says "Vitamins, Minerals, and Supplements," it also covers some herbal supplement like Damiana, Dong Quai, Saw Palmetto, etc. The first section is the A to Z listings and the author did a great job described more in details according to its importancy. For example, all of the vitamins A, B, B1(thiamine), B2(riboflavin), B3(niacin), B5(pantothenic acid), B6(pyridoxine), B12, C, D, E, K, etc. are in great detail as what it is, what it does, deficiency, toxicity, dosage,

recommended daily allowance, and some with drug interaction or special need if you're a smoker, etc. Some are listed in their scientific term so if you were to look up Vitamin C, it tells you to see Ascorbic Acid. All the minerals are there like Calcium, Iron, Potassium, Selenium, Zinc, etc. Supplements include all the 20 amino acids Alanine, Arginine, Asparagine, Aspartic Acid, Cysteine, Glutamic Acid, Glutamine, Glycine, \*Histadine, \*Isoleucine, \*Leucine, \*Lysine, \*Methionine, \*Phenylalanine, Proline, Serine, \*Threonine, \*Tryptophan, Tyrosine, and \*Valine. The essential 9 amino acids listed with asterisk. If you look up Amino Acids, there is about a page and a half of information but if you look up the individual amino acid, it will describe in great details. Did you know that Phenylalanine and Tyrosine can be used to treat depression just as good as Prozac Elavil but without the side effects? This book has adequate details but if you need more, I recommend the book "The Healing Nutrients Within."The important vitamins are very well written, not too basic and not too lengthy. It reminds me of my searches on the internet with the result from a university's website. There are similarities and some part has references given credit to where the information was obtained and others don't have any.The section after A to Z are the Appendixes.I. Food PyramidII. Nutrition ChronologyIII. Drug and Nutrient InteractionsIV. Recommended Dietary Allowance ChartsV. Position of the American Dietetic Association: Food and Nutrition MisinformationVI. Dietary Supplement Health and Education Act of 1994VII. The New Food LabelVIII. Illnesses and Injuries Associated with the Use of Selected Dietary SupplementsIX. Health and Human Services Acts to reduce Potential Risks of Dietary Supplements Containing EphedraX. NCCAM Consumer Advisory on EphedraXI. Healthy People 2010Appendix I is only one page with the diagram of food pyramid, daily recommended consumption (vegetables 3 to 5 servings, fruit 2 to 4 servings, etc)Appendix II is from pages 197 to 200. It showed the year or approximate year of what happened that was related to food or nutrition up to 2003. For example, 1906 The federal Food and Drug Administration was established.Appendix III is from pages 201 to 205 in horizontal chart.The first part is Drug Causing Vitamin Deficiency vs Deficient Fat-Soluble VitaminsThe second part is Drug Causing Vitamin Deficiency vs Deficient Water-Soluble VitaminsThe third part is Drug Causing Mineral Deficiency vs Deficient MineralThe fourth part is Vitamin or Mineral Causing Toxicity vs Drug InvolvedThe fifth part is Vitamin or Mineral Causing Diminished Effectiveness of Drug vs Drug InvolvedAppendix IV is from pages 207 to 210 that has chart of age, sex, height, weight of individual and recommended intake of vitamins and minerals.Appendix V is from pages 211 to 255. It has an extensive section on vegetarianism and vegan diet, pros and cons and recommendation for healthy lifestyle.Appendix VI is from pages 257 to 264. It contains extra reading material in U.S. Code Section \*\*\* etc. and may or may not be important to the readers. For example, in the Section 2 Finding (11) the United States will spend over \$1,000,000,000,000 on health care in 1994, which is about 12 percent of Gross National Product of the United States, and this amount and percentage will continue to increase unless significant efforts are undertaken to reverse the increase.Appendix VII is from pages 265 to 273 designed for food manufacturer guideline for labeling. For example, what does it mean when a can of soup says low-fat and low-sodium? Low-fat is 3g or less per serving and low-sodium is 140mg or less per serving.Appendix VIII is from pages 275 to top of 281 tells precaution with a few herbal supplements (Chaparral, Comfrey, S.asperum, S.X uplandicum, Yohimbe, Lobelia, Germander, Willow Bark, Jin Bu Huan, Stephania Magnolia species, Ma Huang), amino acids (L-tryptophan, phenalalanine), vitamins and minerals (vitamin A, vitamin B6, Niacin, Selenium, Sermanium).Appendix IX is from pages 283 to 285 and is self-explanatory.Appendix X is from pages 287 to 288 and also self-explanatory.Appendix XI is from pages 289 to 320. It has charts of people of different race or ethnicity, age, sex, in percentage of their peer who are obese, what they eat, etc. It's very confusing to say the least and I'm wondering where did they get all the information. There are a lot of spaces that were filled with DNA = data has not been analyzed, DNC = data not collected, and DSU = data statistically unreliable.Overall I would rate the book as very good, maybe 89 out of 100.What I like the most is the details in vitamins and amino acids. I drink a glass of homemade lemonade with a tablespoon of honey every night to help me digest. After I bought this book, I found out that the Vitamin C in it strengthen my immune system so it's no wonder that I never get sick. I was spared from common cold, common flu, and H1N1 swine flu.What I don't like about this book is that the author tried too hard to cram everything in it, especially some herbs and potential harmful plant like foxglove. How does she decide which to include or not to include? It has plants that are uncommon like Glehnia but doesn't have common herb like Tribulus Terrestris and Fo-ti Root. Horny Goat Weed is listed as lusty goatherb and also under its scientific term Epimedium and Maca as Lepidium. However, Maca is not listed in the index section. In the A to Z section, it has chronic fatigue syndrome CFS. It described what it is and therapy for it. It's irrelevant and a better book would be Merck Manual of Diagnosis and Therapy which I also have and will write a review when I have the time. I don't want to make it sound like I'm nitpicking but this book is invaluable to me and I regularly use it for reference.0 of 0 people found the following review helpful. Four StarsBy Sandra D. TalbertNo comments

A guide to nutritional supplements. It provides information on vitamins, minerals, and supplements and how they work in the human body. It contains more than 900 entries, explaining the myths surrounding various substances, how they should be used safely, their effect on nutrition, and how they might be used as treatment for various health issues.

.."[a] jargon-free, ready-reference book... Recommended."