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Convinced that nutrition was, in many cases, the answer to regaining and maintaining health, Balch testified before Congress on the power of natural healing. Her other books include Prescription for Nutritional Healing: The A-to-Z Guide to Supplements, Prescription for Dietary Wellness, Percription for Herbal Healing, and Recetas Nutritivas Que Curan.

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Prescription For Nutritional Healing

Prescription for Nutritional Healing is the nation's #1 bestselling guide to natural remedies. It is a comprehensive source of dietary supplements, vitamins, minerals, and herbs. A pioneer in the field of nutritional healing, Phyllis Balch passionately and meticulously researched and compiled this groundbreaking book. Now, a generation later, her message has more relevance than ever: consume ...

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Prescription for Nutritional Healing

All the way back in 1999 a 51 yo family member lay dying of liver failure due to the so called Celtic Curse/Hemochromatosis. Which is rather common among people of western European ancestry.

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