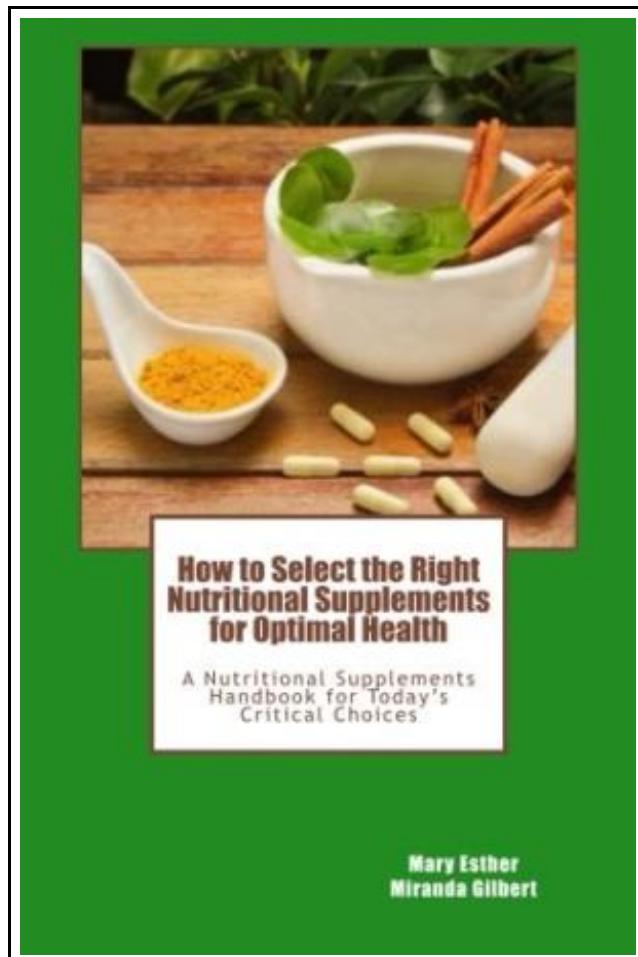


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Reviews

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(Kevin Bergstrom Sr.)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book will help you select more absorbable, potent and safe nutrient formulations that can protect you from the degenerative effects of nutrient deficiencies in the food you eat. It will help you protect your health from the disease process if you have been consuming nutrient deficient foods, even if you feel you eat a generally healthy diet. Also, knowing the origins of your supplement ingredients is critical to determine just how effective your supplements really are. Many thousands of people are taking supplements of poor quality. Chances are, those supplements may be doing more harm than good, creating inflammatory conditions due to the biological incompatibility of synthetic vitamins and the non-absorbable types of minerals used by manufacturers who want to cut production costs. Nutrient deficiencies are one of the major causes of many degenerative diseases millions of people suffer from today, and that includes deficiencies due to poorly formulated supplements. You get what you pay for in the way of price and nonabsorbability. Mixing synthetic vitamins and finely ground, poorly absorbable mineral elements and forming them into tablets with toxic binders and excipients does not constitute a healthy supplement, but are cheap to produce and leave much room for profit margins of the manufacturer and chains of distribution. If you wish to have truly effective supplements, the ingredients in those formulations must contain whole food, enzyme-active substances in the mix, and one or more combinations of formulations must contain the full range of all known essential nutrients found in whole foods. The ongoing debate over whether supplements are good for you or bad could be quickly settled if this little tidbit would be brought out into the open....



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