



Solve It with Supplements: The Best Herbal and Nutritional Supplements to Help Prevent and Heal More than 100 Common Health Problems

Robert Schulman, Carolyn Dean

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Solve It with Supplements by Robert A. Schulman, MD and Carolyn Dean, MD, ND offers supplement solutions to a wide variety of health problems make this comprehensive, easy-to-use reference an indispensable addition to every home self-care library

The evidence is in: Herbal and nutritional supplements have the therapeutic power to help treat and prevent disease. But how does someone know which ones to take and in what amounts? The answers can be found in this authoritative reference, which presents the best supplements to prevent or heal more than 100 common health problems.

Every recommendation in this book has undergone thorough medical review by two respected physicians who specialize in complementary and alternative therapies. In addition to precise dosage instructions, the authors provide vital information on contraindications and potential interactions with medications, foods, and other supplements; examine the science and skepticism behind controversial supplements such as bee pollen, creatine, DHEA, and vitamin E; and warn about conditions for which readers should seek professional medical care before self-treating.

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