



Optimal Nutrition for Optimal Health

Thomas E. Levy

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Debunks popular health myths with solid, practical nutrition facts

This authoritative, thorough, and scientifically sound guide to nutrition and wellness provides information on weight loss, detoxification, low cholesterol, better digestion, mercury poisoning, cholesterol--and more!

Optimal Nutrition for Optimal Health covers the same topics as current bestsellers such as *Prescription for Nutritional Healing* and *The Nutrition Bible* in as great a depth--but in a smaller, handier trim size and at a much more affordable price.

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