



The book was found

Real Truth About Vitamins And Anti-Oxidants



Synopsis

Clinical Nutritionist, health researcher, and writer, Judith DeCava explains in detail the differences between natural and synthetic nutrition. ?Read whole chapters on a specific nutrient complex, the deficiency symptoms associated with it, and how the complexes work together synergistically. ?Learn about the highly toxic, drug-like effects synthetic supplements have on the body and why we have been led to believe these unnatural substances are identical substitutes for nutrients found in real, whole food.

Book Information

Paperback: 290 pages

Publisher: Selene River Press; Second Edition edition (2006)

Language: English

ISBN-10: 096457098X

ISBN-13: 978-0964570986

Package Dimensions: 8.5 x 5.4 x 0.6 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #723,801 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #250 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements

Customer Reviews

Clinical Nutritionist, health researcher, and writer, Judith DeCava explains in detail the differences between natural and synthetic nutrition. ?Read whole chapters on a specific nutrient complex, the deficiency symptoms associated with it, and how the complexes work together synergistically. ?Learn about the highly toxic, drug-like effects synthetic supplements have on the body and why we have been led to believe these unnatural substances are identical substitutes for nutrients found in real, whole food.

This book was well researched and very informative, and contains information that I think would benefit many people. To be honest, I bought the book because I've noticed for years that I don't feel well when I take vitamins. I also notice that nowadays, it seems that hoards of people are taking loads of vitamins, and they are often recommended in books about nutrition that I read- (which has made me a little suspicious, to be honest). I have the feeling that vitamins have a bit of a "halo

effect" in our society. The author explains, however, why it is far better to eat whole foods for nutrition rather than synthetic, fractionated vitamins. One of the many problems is that vitamins function very differently in the body when they are isolated; whereas in real, whole foods, various vitamins, minerals, enzymes and co-factors work together in a synergistic fashion. In other words, isolating single vitamins, as is done with pills, can cause major imbalances in the body, with even more problems than a low-grade deficiency of that vitamin would have caused. The author also explains how the body is naturally able to take the vitamins it needs from whole foods and excrete the rest, whereas when vitamins are fractionated and separated from all the other elements and co-factors (as they are when they appear in the form of vitamin pills)- the body is unable to do this efficiently. In fact, the body reacts to synthetic vitamins as if they were a toxic substance, and tries to excrete them as quickly as possible! I learned a lot by reading this book. It is well researched, well written, well explained and easy to understand.

Books is in desperate need of an index and an update. Does have some good information but the task of finding it is tedious. (One has to really, really stick with a subject to weed out the facts.).

great read for all health coaches and DR.

I think everyone should read this. It scientifically explains why people shouldn't take synthetic vitamins. Talks about what people did for health before the big vitamin craze, beginning about 50 years ago.

Fantastic read to help you understand what your body truly needs. Also, deCava's book educates on how to decipher the latest vitamin information in the mainstream for yourself so that you can wisely choose how to feed yourself. I read it from cover to cover!

[Download to continue reading...](#)

Real Truth about Vitamins and Anti-Oxidants Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti

inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Paleo Anti Inflammatory: 500 Paleo Anti Inflammatory Spiralizer and Air Fryer Recipes: Paleo Cookbook, Breakfast, Lunch, Snack, Quick and Easy Healthy Recipes for Weight Loss, Anti Inflammatory 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love The Real Book of Real Estate: Real Experts. Real Stories. Real Life. Hawaii Real Estate Wholesaling Residential Real Estate Investor & Commercial Real Estate Investing: Learn to Buy Real Estate Finance Hawaii Homes & Find Wholesale Real Estate Houses in Hawaii The Smart Real Estate Investor: Real Estate Book Bundle 3 Manuscripts Expert Strategies on Real Estate Investing, Finding and Generating Leads, Funding, Proven Methods for Investing in Real Estate Real Estate: 25 Best Strategies for Real Estate Investing, Home Buying and Flipping Houses (Real Estate, Real Estate Investing, home buying, flipping houses, ... income, investing, entrepreneurship) The Smart Real Estate Investor: Real Estate Book Bundle 2 Manuscripts Expert Strategies on Real Estate Investing, Starting with Little or No Money, Proven Methods for Investing in Real Estate

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)