



Putting It All Together: The New Orthomolecular Nutrition

By Abram Hoffer

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The orthomolecular concept is a simple one, using optimal nutrition to combat, heal and prevent physical and mental illness. Orthomolecular nutrition is based on diets and food supplements of essential vitamins and minerals specifically selected to solve individual problems and needs. Its overall aim is promoting optimal health and longevity for everyone. In this expanded, updated and revised edition, the author discusses orthomolecular medicine and treatment with case histories. It explains the functions of major nutrients, summarizes new research and lays out a comprehensive anti-stress supplement program - to show the way to a longer, healthier life.

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