



Nutrition: A Practical Approach (Paperback)

By Suzanne Le Quesne

Cengage Learning EMEA, United Kingdom, 2003. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Nutrition: A Practical Approach explains nutrition in an understandable, interesting and straightforward way. It is suitable for use on a variety of nutrition courses including those offered by VTCT, ION, ITEC and the Home Study Nutrition Diploma Course written by the author and accredited by Vocational Awards International. It is also ideal for those studying a nutrition module on therapy-based courses such as the VTCT Holistic Diploma or NVQ 3 in Beauty Therapy. It is excellent reference material for health practitioners, holistic therapists or anyone with a general interest in nutrition. Divided into 3 parts, Part 1 covers the basic theory for nutrition including macronutrients (carbohydrates, proteins and fats), micro nutrients (vitamins and minerals), herbal remedies and superfoods. It also covers diet, supplements, food labels, food myths and nutrition of specific groups of people, such as pregnant women. Part 2 covers nutritional influences on body systems and explains over 100 everyday symptoms including fatigue, loss of concentration, aching joints, bloating, heartburn, PMS, endometriosis, arthritis, candid and insomnia. Symptoms are listed for each body system and an explanation of how diet affects...



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