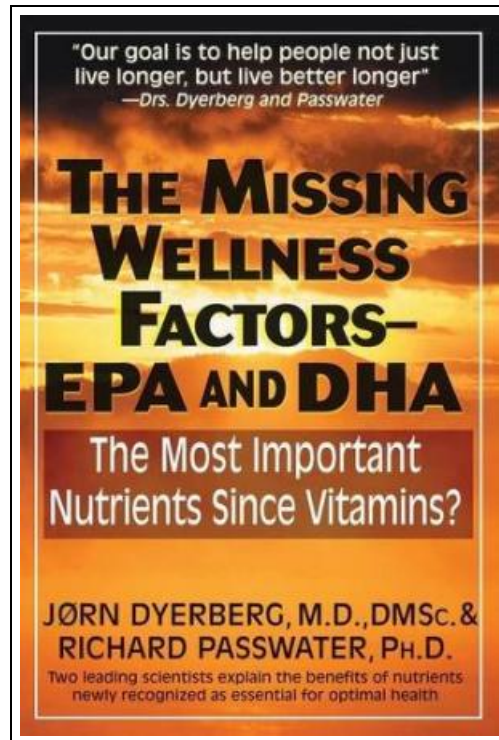


The Missing Wellness Factors EPA and Dha The Most Important Nutrients Since Vitamins



Filesize: 8.36 MB

Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.
(Dr. Kadin Hane DVM)

THE MISSING WELLNESS FACTORS EPA AND DHA THE MOST IMPORTANT NUTRIENTS SINCE VITAMINS

[DOWNLOAD PDF](#)

Basic Health Publications. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. Wellness is more than the absence of disease. It s a vital combination of vibrancy, vitality, abundant energy, and extraordinary health. Even though many health-conscious people strive for wellness by eating healthy foods, taking vitamins, exercising, and leading a stress-free lifestyle, total wellness may still elude them. That s because, say authors Jrn Dyerberg, M. D. , and Richard Passwater, Ph. D. , they are missing two essential wellness factors omega-3 fatty acids EPA and DHA that affect every cell, every tissue, and every organ in the body. This deficiency, not yet officially recognized by the scientific and medical communities, is responsible for many modern-day illnesses, including heart disease, dementia, cancer, and inflammatory diseases like arthritis. Replenishing the body with these missing factors has been shown to produce full performance, high energy, and optimal health. While it s been known since the early 1970s that EPA and DHA are needed to prevent heart attacks and promote heart health, it s taken until the 21st century to learn that, by building healthier cell membranes, these fatty acids promote robust health throughout all systems in the body. Both U. S. and European studies show that taking EPA and DHA daily can reduce the risk of developing all types of dementia. Also by reducing inflammation, these omega-3s are also beneficial in treating all kinds of rheumatic and autoimmune disorders. What s more, a study of more than 35, 000 postmenopausal women showed that those who took these fish oils had a 32 percent lower chance of developing ductal breast cancer. With more than 9, 000 studies showing the benefits of these missing wellness factors, it s clear that it is important to heed the advice of Drs. Dyerberg...

[Read The Missing Wellness Factors EPA and Dha The Most Important Nutrients Since Vitamins Online](#)[Download PDF The Missing Wellness Factors EPA and Dha The Most Important Nutrients Since Vitamins](#)

See Also



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

[Download Book](#)

»



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

[Download Book](#)

»



Lans Plant Readers Clubhouse Level 1

Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in.This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2)for beginning readers. Two nine-book sets...

[Download Book](#)

»



DK Readers Duckling Days

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.9in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. Six ducklings follow mother duck everywhere. One...

[Download Book](#)

»



Good Night, Zombie Scary Tales

Feiwel & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in.Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be...

[Download Book](#)

»