

The Nutrition Connection: Four Foot Square Garden (Paperback)

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Reviews

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover. (Darrin Abbott)

THE NUTRITION CONNECTION: FOUR FOOT SQUARE GARDEN (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ninety-Five things are absolutely Essential for human life. Without any one of them we perish before our time. Some are obvious, such as air, water, protein, carbohydrates and fats. Others are more subtle: Sixty essential minerals, 16 essential vitamins, 12 essential amino acids and 2 essential fatty acids. They are essential because our bodies cannot make them, so we humans must consume them all, or die early. Top athletes die about twenty years early because all of their lives they have sweated out their minerals and Gatorade won t replace them. Billionaires and national leaders die early, despite access to the best medical treatment on earth. Doctors are the shortest lived people on earth, with the possible exception of homocide detectives who have inordinately high suicide rates. This indicates that doctors, who do not study nutrition, but who follow their own advice, must be living and advising wrong. This book presents the well proven case that nearly every chronic disease is caused by a lack of one or more Essential element of nutrition and can be reversed merely by supplying that missing piece. Supplementation is one key to the puzzle. Since croplands are sorely depleted, home gardens provide the other key. You can grow the food you need on your patio, against your exterior walls or even inside with grow lights. This book shows how. Future editions will contain exact plans and photographs of many kinds of gardens occupying about a 4x4 or 2x8 foot area.

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