



It s Your Life - Vitamins Supplements for All Ages (Paperback)

By Norman Ratcliffe

Cranmore Publications, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book: 1 Tackles the Vitamin Dilemma of whether To Take Or Not To Take which faces most people following conflicting advice in the media. 2 Gives a clear scientific analysis of the latest research which shows that the majority of people require different supplements at different stages in their lives. 3 Provides supplement recommendations for different life stages, from pregnancy to old age, and also for smokers, drinkers, diabetics, etc. Professor Norman Ratcliffe is a Fellow of the Royal Society of Medicine and has published over 200 books and research papers on immunology, cancer, influenza, tropical diseases and MRSA. Five years ago Professor Ratcliffe decided to produce a comprehensive but easily accessible book on health and fitness to help people of all different ages lead more healthy and fulfilling lives; the result of this five year project is the It s Your Life series of books. There are six books in the series; five of these offer advice in specific areas, whilst the sixth - It s Your Life: End the confusion from inconsistent health advice - includes all of the...



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