

# *Prescription for* **NUTRITIONAL HEALING**

REVISED  
AND  
UPDATED

**THE A-TO-Z GUIDE  
TO SUPPLEMENTS**

Everything You Need to Know  
About Selecting and Using Vitamins,  
Minerals, Herbs, and More

PORTIONS PREVIOUSLY PUBLISHED IN *PRESCRIPTION  
FOR NUTRITIONAL HEALING, SIXTH EDITION*

**PHYLLIS A. BALCH, CNC**

REVISED AND UPDATED BY STACEY BELL, DSC

# Prescription Nutritional Healing

**Christian Drosten**



## **Prescription Nutritional Healing:**

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