



## Nutrition, Health and Disease

By Gary Price Todd

Whitford Press, U.S. Paperback. Book Condition: new. BRAND NEW, Nutrition, Health and Disease, Gary Price Todd, Dr. Todd demonstrates first that our diet is not only deficient and why, but that it cannot be made adequate without supplementation. He explains the concept of free radical pathology in simple, understandable terms, and shows how elevated blood cholesterol is the result of the body's attempt to neutralize the destructive free radicals. Cholesterol is a friend, rather than an enemy, and selected vitamins and minerals effectively neutralize free radicals and thus allow cholesterol levels to drop. There is no reason, Dr. Todd concludes, that our normal life span shouldn't be about 120 years. Concisely written, this book is aimed squarely at the people who are increasingly concerned about their health, and accept responsibility for their own destiny. It is without a doubt the best book on health and nutrition ever written for a growing health-conscious population.



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