



# **Nutraceutical Revolution: 20 Cutting-Edge Nutrients to Help You Design Your Own Perfect Whole-Life Program**

*Richard N. Firshein*

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The nutraceutical revolution is upon us. Instead of reaching for the medicine cabinet, now you can heal your body naturally. From the B vitamins reported on the front page of The New York Times to reverse coronary artery disease, to the echinacea we take at the onset of a cold, nutraceuticals are figuring ever more prominently in both mainstream medical treatment and everyday healing practices. In this single volume, Dr. Richard Firshein has compiled all the facts on twenty of the safest and most versatile nutraceuticals used to treat a wide range of maladies, including:

Allergies  
Aging  
Arthritis  
Asthma  
Cancer  
Chronic Fatigue  
Depression  
Diabetes  
Headaches  
Heart Disease  
High Blood Pressure  
Immune Disorders  
Insomnia  
Intestinal Problems  
Memory Loss  
Menopause  
PMS  
Prostate Conditions  
Stress  
Weight Problems

"An excellent resource, easy to read, and informative."-Bernie Siegel, M.D.

"Firshein has designed a life program, complete with the latest information on vitamins and enzymes."-*Newsday*

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