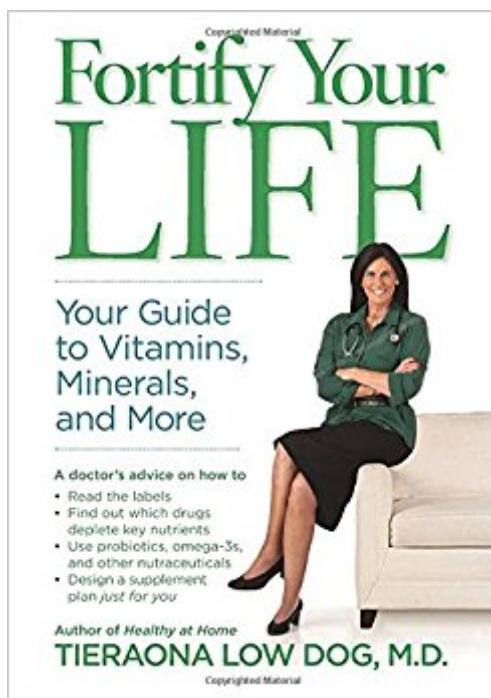


The book was found

Fortify Your Life: Your Guide To Vitamins, Minerals, And More



Synopsis

Health-conscious consumers read nutritional labels, but it's nearly impossible to get the nutrients we need with diet alone. To get the USDA-recommended daily quota of vitamin D, for example, you need to eat 15 eggs or 26 sardines; of iron, 414 almonds or 15 cups of broccoli. So we rely on nutritional supplements—vitamins and minerals, probiotics and enzymes—but the variety of pills, products, and elixirs on the market today is overwhelming. And, as we have seen in recent news, some of these products are downright fakes. Trusted natural health physician and bestselling author Tieraona Low Dog, M.D. provides a personalized approach to using nutritional supplements for your specific health needs, helping you navigate the complex and often confusing landscape of vitamins, minerals, and more. Dr. Low Dog explains the basics about every essential nutritional supplement and guides the reader in creating a personalized supplement plan, tailored to individual genetics, age, gender, and lifestyle. Low Dog evaluates current research, explains the relationship between food and supplements, describes how medications cause chemical imbalances in the body, and advises on how to judge brands and read labels. Low Dog engages and encourages readers to take charge of their own health and provides guidance to find the right combination of nutritional supplements to improve mood, strength, energy, and well-being.

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Customer Reviews

"Fortify Your Life is a must-have for everybody who cares for their health." --The Washington Book Review

TIERAONA LOW DOG, M.D.,¹ is an internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women's health. Dr. Low Dog has been an invited speaker to more than 550 scientific conferences, has published 45 peer-reviewed articles, written 22 chapters for medical textbooks, and published five books including National Geographic's *Life is Your Best Medicine* and *Healthy at Home*. She is a frequent guest on the Dr. Oz show and NPR's *The People's Pharmacy*. She currently serves as the Fellowship Director for the Academy of Integrative Health and Medicine where she leads the nation's first inter-professional graduate level training program in integrative medicine.

I'm used to taking a lot of supplements. Vitamins, herbs, minerals, etc... A short time ago, I scaled back considerably after reading a number of 'jury is still out' articles as well as the sad fact that a very high percentage of companies sell supplements that contain little, and in some cases, none of what they claim is inside each capsule, pill, or liquid. Worse, it can be anything from contaminated or pesticide laden powdered rice to ground animal feces. Buying an off brand one is pretty dangerous, as a reviewer I get asked to review those brands all the time, and when I mention that I will have the product independently tested, they don't send the product. EVERY time. But as shows like 60 minutes have shown, even the big name brands don't always test clean. So there you have why I nearly stopped. This book is why I started back up, although very careful about the sources of supplements. First of all, the formatting is well thought out, making it easy to get the best information possible, in a user friendly and efficient way. It opens with readable and engaging introduction stories, followed by some general information including facts and stats. Those countless bottles are demystified as the author outlines the perils and pitfalls along with the pluses. And that's before we even get to the 'Vitamin' chapter! Each one of the many vitamins, minerals, nutraceuticals, etc., are defined, and then discussed in terms of what it does, who needs it and how to tell if you need it, doses, sometimes even what to take WITH it for optimal benefit. Of course, food sources for much of 'the Good Stuffs' are offered. Even a table of prescription drugs and what each one has the potential to deplete. This book is packed with useful information... let me correct that, much needed information. I learned so much, and it is now riddled with margin notes, dog eared corners, and parts covered with yellow highlighter. One of the best books on the subject that I've read.

Lots of information to ponder. By the time you're finished reading the whole book you could be

completely confused. Take it one step at a time. Build your table of medicine/supplement details and you should have a good idea if you have deficiencies that need 'fixing'. Involve your general practitioner, and see if he/she agrees. My "build" indicated I was in pretty good shape re: the vitamins and supplements, but there were several supplements that I'm considering to put in place of prescription medicine that I've been consuming for 25-30 years.

I can think of no greater resource for finding your way through the world of vitamins, minerals, and supplements. And I cannot think of a greater expert on herbs, vitamins, supplements, and healing than Dr. Low Dog. This book is a 'must have' in every household library and kitchen table.

It will be your reference book for life. I have enjoyed reading every bit of information. You will be in far better shape applying the advices which are based on science and not hype. A lot of effort and good will went into writing it. The book is written for both genders, however; women will find extensive info and advice throughout their life journey.

Excellent book! Thorough while very readable. Appreciate the detail that includes recommended daily amounts to take for each nutrient. My husband and I agree that we'd recommend it to anyone interested or concerned about their health and trying to decide which nutrients are best for them.

highly knowledgeable author, very informative and comprehensive book. everything you need to know about vitamins and supplements--which sadly most western docs don't know nearly enough about--and what to take when, and how each interacts with your prescription meds, etc. A must have for every household.

I have read a lot about supplements. Low Dog not only had the best and latest but was easy to read. Explaining the different types and quality magnesium supplements allowed me to make a better choice than to oxide I have been getting at Costco. Other clarifications also help me chose better and more effective.

Very useful information that can be readily applied when shopping. It lists websites to verify the sources of the products. Highly recommend this book

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