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- How omega-3 fatty acids and exercise may help those suffering from Alzheimer's
- Strategies for combating prostate cancer
- The latest information on GI problems often associated with autism
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- Leading research on breast cancer, menopause, and bio-identical hormones
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PHYLLIS A. BALCH, CNC, was a leading nutritional counselor and advocate of natural therapies for more than two decades and spent more than twenty-five years researching natural approaches to health and healing.

STACEY BELL, **DSC**, is a registered dietitian and was a nutritional researcher at Harvard Medical School for many years. She has coauthored more than 70 scientific articles, and lectures extensively around the world on most aspects of nutrition.

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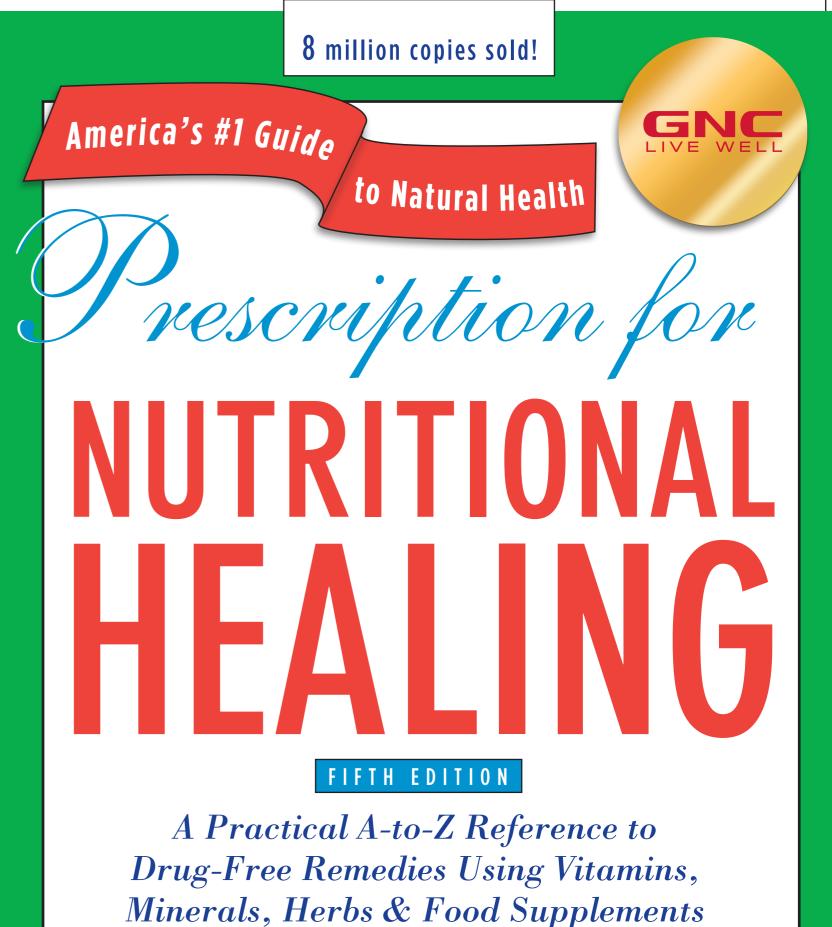
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PHYLLIS A. BALCH, CNC **Revised and Updated by Stacey Bell, DSC**

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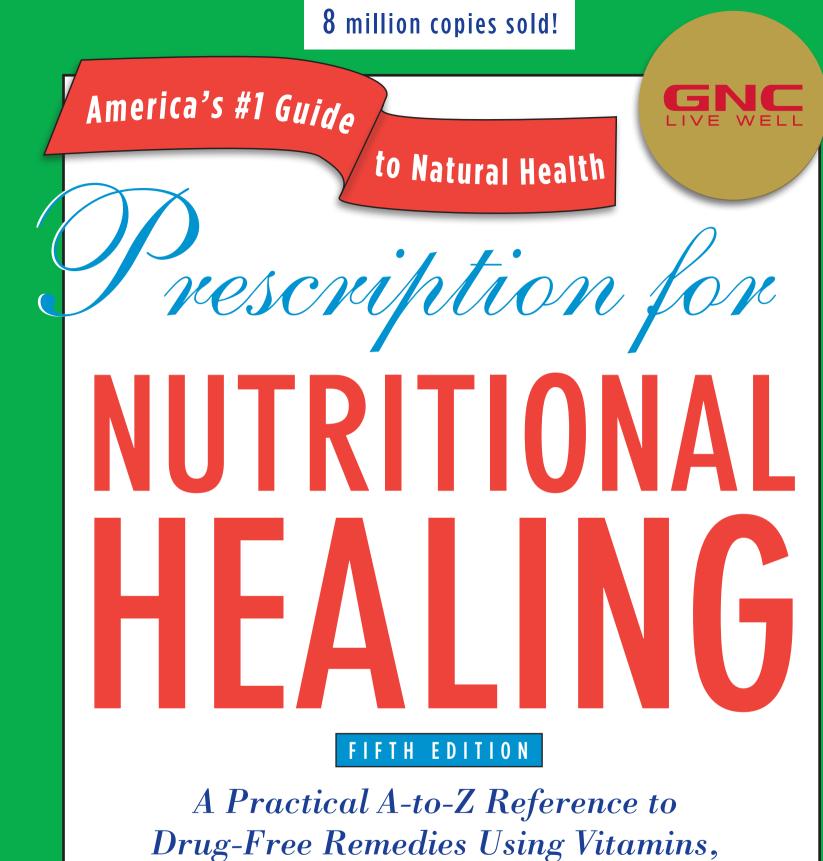
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