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*Prescription for Nutritional Healing* is the nation's #1 bestselling guide to natural remedies. Now, wholly revised and updated by expert dietitian and nutritional researcher Stacey Bell, DSC, this new fifth edition incorporates the most recent information on a variety of alternative healing and preventive therapies and unveils new scientific findings on vitamins, supplements, and herbs.

In the A-to-Z reference guide to illnesses, you'll find updates including:

- 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
- Current advice on the most beneficial nutrients for relieving arthritis
- Leading research on breast cancer, menopause, and bio-identical hormones
- New guidelines for diagnosing and battling diabetes
- And much, much more

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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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*A Practical A-to-Z Reference to  
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