



Vitamin Bible

Earl Mindell

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Nonfiction: Health. "Earl Mindell's Vitamin Bible tells you all about vitamins and what they can do for you. - How vitamin needs vary for each of us, and how to determine your own needs. - How to determine if you need supplements and pick the right ones. - What the current Recommended Daily Allowances of all vitamins and nutrients are. - How to substitute natural substances for tranquilizers and drugs. - How vitamins can improve sex, combat a desire for alcohol, lower cholesterol levels, fight depression, help your heart. - Vitamin precautions everyone should know. - Which vitamins work together for the most potent effect. - PLUS... listing of the vitamin and nutrient content of hundreds of common foods." The main text has large type; charts, bibliography and index are small type. This how-to book about vitamins has a question-and-answer format with basic information as well as suggestions about supplements based on special needs. Charts do not have complete nutrition listings; instead, they focus on what foods to eat to get a certain vitamin, or amounts of a single ingredient such as sugar, salt, or caffeine in a food. This book has an unusual numbering system which makes it easy to confuse page numbers and topic numbers... you have to go to the first page of the chapter you want, then flip through the pages to get to the topic number that you want to read.

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