



# **NutriCures: Foods & Supplements That Work with Your Body to Relieve Symptoms & Speed Healing**

*Alice Feinstein, The Editors of Prevention*

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## **NutriCures: Foods & Supplements That Work with Your Body to Relieve Symptoms & Speed Healing**

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Among natural therapies, nutritional remedies--foods and supplements--remain the most popular choices by far. It's easy to understand why: They're readily available, easily affordable, and virtually free of side effects.

But choosing the best remedy for a particular condition can be a challenge even for nutrition-minded consumers. Which is more effective, foods or supplements? What's the proper dosage? Can certain nutrients negate each other or interfere with medications?

*NutriCures* answers these and other questions as it reveals the most potent healing nutrients for a host of health concerns, including back pain, dry eyes, insomnia, psoriasis, and sinusitis.

Turn to *NutriCures* for:

- Unbiased reporting of the "state of the science" in nutritional therapy
- Practical strategies for getting the most from healing foods and supplements
- Clear dosage instructions, plus vital information on possible nutrient-drug interactions

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