



Super Supplements for Skin, Body & Mind: How vitamins, minerals, antioxidants and herbs can make you look, feel and think young

Dalia Santana

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Super Supplements for Skin, Body & Mind is a book on supplements - vitamins, minerals, antioxidants and herbs. Yet, it is different from other books on the same subject, and it stands out as a unique nutrition book. Why? The book's language is clear and easy to understand. Scientific words are explained in simple English terms. The book uses the "question and answer" style, targeting all questions that might be on the reader's mind. Besides discussing all the vitamins and minerals that most books always talk about, Dr. Santana's book includes a comprehensive section on the most known and recently discovered anti-aging, anti-disease antioxidants. Another section is dedicated to the discussion of 15 healing herbs chosen for their immune, vision, skin, and body health-promoting powers. Each herb's history, main benefits, recommended dose, contraindications and ways to use are thoroughly discussed. Footnotes, tables and a glossary of medical and nutritional terms are used for more clarification. The book targets, not only general health issues, but also skin, vision, and brain health as well. The book is written by a professional skin specialist and holistic nutritionist after years of extensive research. Although a factual work, it is very interesting and reads like a novel.

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