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Convinced that nutrition was, in many cases, the answer to regaining and maintaining health, Ms. Balch opened a health food store called Good Things Naturally, testified before Congress on the efficacy of natural healing, and in 1983 she published what is now known as Prescription for Nutritional Healing.

## **Phyllis A. Balch (Author of Prescription for Nutritional**

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Phyllis Balch was author of the bestselling Prescription for Nutritional Healing, as well as of Prescription for Nutritional Healing: The A-to-Z Guide to Supplements, and Prescription for Herbal Healing.

### **Prescription for Nutritional Healing - James F. Balch**

answer to this question is Prescription for Nutritional Healing: The A-to-Z Guide to Supplements. Now in its fourth edition, this book was specifically created to provide on-the-go readers with authoritative information drawn from Part One of Prescription for Nutritional Healing, packaged in a handy reference

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