



## An Easy Way to Understand Vitamins, Minerals Herbs: Also Included: Essential Fatty Acids, Enzymes Amino Acids (Paperback)

By Brian B Jacques

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I have wanted to write this book for a long time. It started off with a description of the importance of vitamins and minerals, I then added a section on what each vitamin and mineral is, what are good food sources and then what the Recommended Daily Allowance is for the USA and UK. I then decided to expand the book by adding Essential Fatty Acids (EFA) which are critically important for good health. You have to get these from your diet - the body cannot manufacture them. Enzymes are often forgotten or misunderstood, so I added a section on these as well. Enzymes are the workers - they make things happen in the body. Without them, you would not digest your food; in addition, they are involved in so many body processes, that without them, your body would cease to function. After this I then included Amino Acids - the building blocks of proteins in the body. There are two types - Essential Amino Acids (which must be provided from the diet) and Non-Essential Amino Acids which the body can manufacture...



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