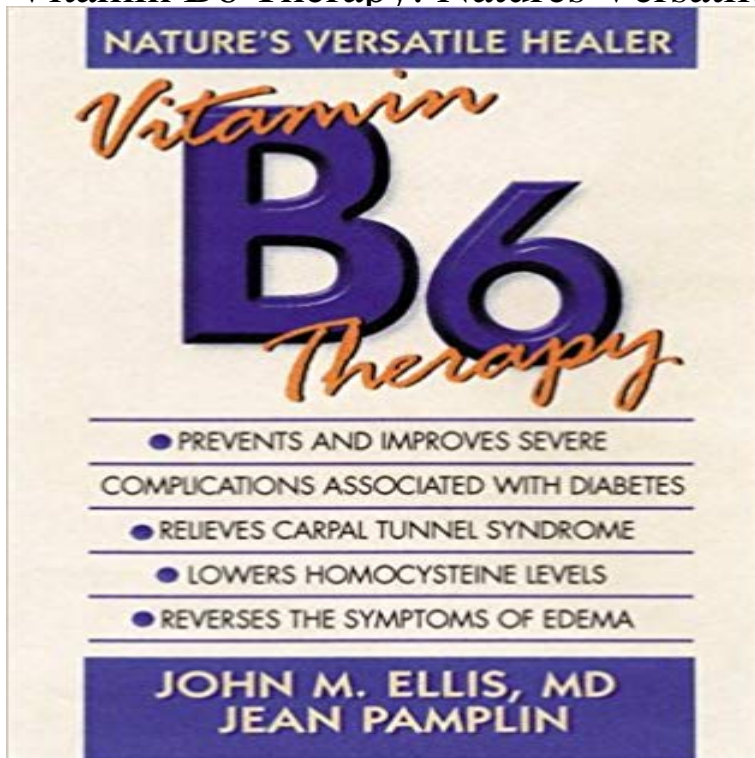


## Vitamin B6 Therapy: Natures Versatile Healer



Written clearly and accessibly with the layperson in mind, Vitamin B6 Therapy describes the critical role that this nutrient plays in the bodys various processes, especially in protein utilization. Because the vitamin can be lost in food-manufacturing procedures such as canning and freezing, it isnt always easy to get enough B6 in ones diet. This book tells how to, and explains which supplements to take to alleviate various health problems.

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