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Prescription for Nutritional Healing: A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements. by James F. Balch and Phyllis A. Balch | Jan 1, 1995. 4.6 out of 5 stars 487.

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Some of the techniques listed in Prescription for Nutritional Healing: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements may require a sound knowledge of Hypnosis, users are advised to either leave those sections or must have a basic understanding of the subject before practicing them.

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In 1983, she published Nutritional Outline for the Professional and the Wise Man - now known as Prescription for Nutritional Healing - to share her knowledge with a broader audience. Through its first three editions, this books has had millions of readers in many different countries, and it has

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been translated into seven foreign
languages.

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