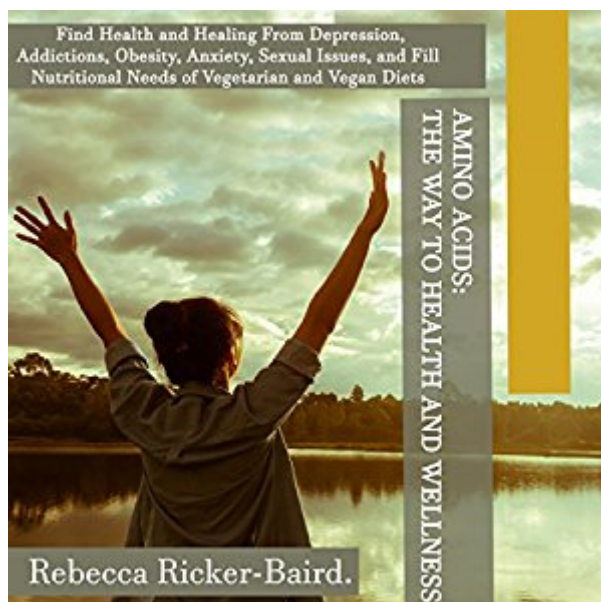


The book was found

Amino Acids: The Way To Health And Wellness: Find Health And Healing From Depression, Addictions, Obesity, Anxiety, Sexual Issues, And Fill Nutritional Needs Of Vegetarian And Vegan Diets



Synopsis

There are as many diets and fads in today's health-conscious world as there are days in the year. They can be used for all sorts of reasons, not just weight loss, and it's true that many people will try one at some time in their life. It's also true that many will fail to lose any weight at all. One of the things which is often overlooked when someone is trying to combat things such as weight loss is the importance of amino acids, without which our bodies cannot survive. And now, in her new book, Rebecca Baird examines just what these important acids can do for us. From helping to cure depression, addictions, anxiety, and sexual issues to filling the complete nutritional requirements of both vegetarian and vegan diets, the significance of amino acids cannot be understated. With the added bonus of having absolutely no side effects whatsoever, the taking of these supplements without question form a win-win scenario. And recent studies in the United States suggest that a cure for breast cancer, which is the second biggest killer of American women, could be as simple as adding amino acids to your diet. With a complete list of the essential and non-essential amino acids, and the functions which they perform, this book will help make it easy to spot what your body may require to help you treat a wide variety of ailments.

Book Information

Audible Audio Edition

Listening Length: 35 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Rebecca Baird

Audible.com Release Date: July 22, 2016

Language: English

ASIN: B01IU2USGK

Best Sellers Rank: #70 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #103 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #343 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian

Customer Reviews

Awesome ways to stay healthy!

[Download to continue reading...](#)

Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression,

Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Taurine and the Heart: Proceedings of the Symposium Annexed to the 10th Annual Meeting of the Japanese Research Society on Sulfur Amino Acids Osaka, ... (Developments in Cardiovascular Medicine) The Handbook of Microbial Metabolism of Amino Acids VEGAN: 30 Days of Vegan

Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)