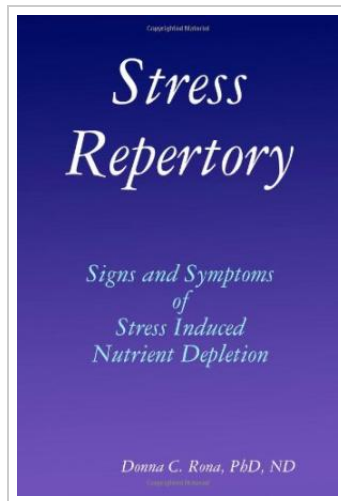




Stress Repertory: Signs and Symptoms of Stress Induced Nutrient Depletion

By Donna Rona

Lulu.com. Paperback. Condition: New. 188 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. The stress response is a survival mechanism, intended to preserve life in an immediate life threatening situation. Prolonged, or repeated too often, the biochemical effects of this mechanism begin to destroy the body by depleting the nutrients necessary for normal function and repair. Modern lifestyles invoke the stress response too frequently, affecting the health of millions. Stress Repertory is the first compilation of the signs and symptoms of stress induced nutrient depletion. Easy to use, it gives the practitioner a quick reference to aid in treatment and education. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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