



Vitamins and Minerals (Ask Dr. Weil)

Andrew Weil M.D.

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In his #1 New York Times bestseller *Spontaneous Healing*, Dr. Andrew Weil opened our eyes to the body's wondrous ability to naturally heal itself. And after the tremendous response he received from countless readers, he launched the website "Ask Dr. Weil (www.drweil.com)," which is a top-rated program on the Internet. Now, in this easy-to-use book, Dr. Weil tells you everything you need to know about vitamins, minerals, and herbs.

In **VITAMINS AND MINERALS** Dr. Weil addresses questions such as:

How good are multivitamins?

Does B-12 really boost energy?

Which herbs will improve my sex life?

What is Dr. Weil's antioxidant cocktail?

Does echinacea fight colds?

And many more!

Whether you are eager to learn about the best path to recovery from illness or just looking to improve your overall well-being, Dr. Weil's expert advice will gently guide you toward the healthier, fuller life you deserve.

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