



# **Nutritional Therapy: The only introduction you'll ever need (Principles of)**

*Linda Lazarides*

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An introduction to how to change your diet to change your health and what a nutritional therapist offers

Many people are consulting nutritional therapists due to food allergies and other problems, many of which are caused by the body's inability to absorb essential nutrients due to the effects of antibiotics and other drugs and environmental pollutants.

The book outlines:

- how deficiencies occur
- how nutritional therapy works
- which key illnesses, such as eczema, asthma, candida, ME, arthritis and muscle pain, or food allergies the therapy can fight



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