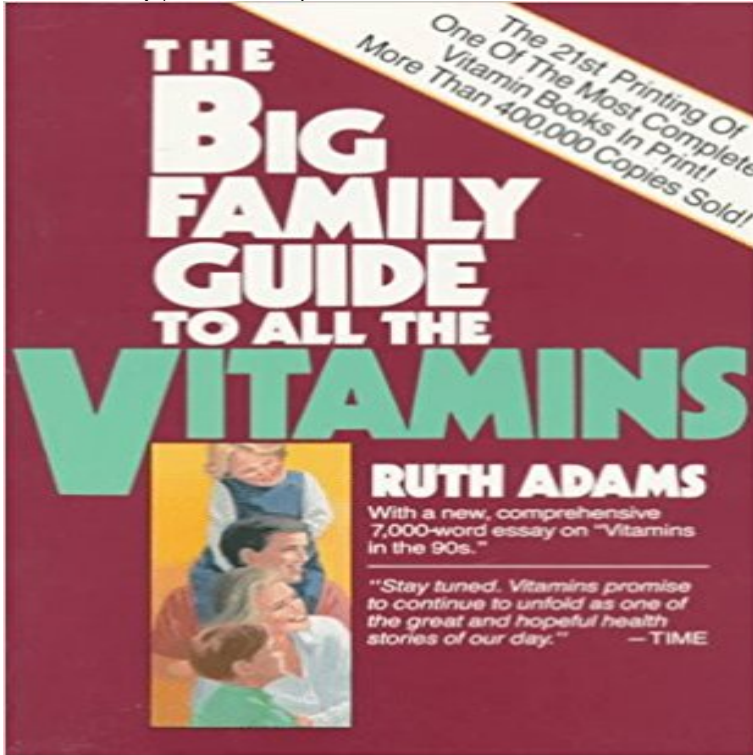


# The Big Family Guide to All the Vitamins



THE 20TH PRINTING OF ONE OF THE MOST COMPLETE VITAMIN BOOKS IN PRINT! MORE THAN 400,000 COPIES SOLD! WITH A NEW, COMPREHENSIVE 7,000 WORD ESSAY ON VITAMINS. STAY TUNED, VITAMINS PROMISE TO CONTINUE TO UNFOLD AS ONE OF THE GREAT AND HOPEFUL HEALTH STORIES OF OUR DAY. WITH MAJOR PUBLICATIONS LIKE TIME AND THE NEW YORK TIMES ENTHUSIASTIC ABOUT THE HEALTH REVOLUTION VITAMIN THERAPY IS BRINGING ABOUT, AND MEDICAL AND SCIENTIFIC RESEARCHERS CONSTANTLY DEMONSTRATING NEW PROTECTIVE AND CURATIVE EFFECTS FOR VITAMINS AND OTHER NUTRIENTS, THIS COMPREHENSIVE CLASSIC OF VITAMIN INFORMATION IS BOTH HEADLINE-TIMELY AND TIMELESSLY VALUABLE. A NEW INTRODUCTORY ESSAY PRESENTS THE LATEST INFORMATION ON VITAMINS BENEFICIAL ROLES IN ALMOST ALL MAJOR ILLNESSES, INCLUDING CANCER AND HEART DISEASE, WHILE THE BODY OF THE BOOK EXAMINES AND EXPLAINS THE FUNCTIONS OF ALL THE VITAMINS, THEIR BEST SOURCES, SPECIAL REQUIREMENTS FOR DIFFERENT AGES AND OTHER GROUPS, AND HOW TO USE THEM TO PROMOTE LIFELONG GOOD HEALTH.

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyports Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The

Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry, living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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