



**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**

Rebecca Ricker-Baird

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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 to make it easy to spot what your body may require, to help you treat a wide variety of ailments. Russell Burgess Author

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