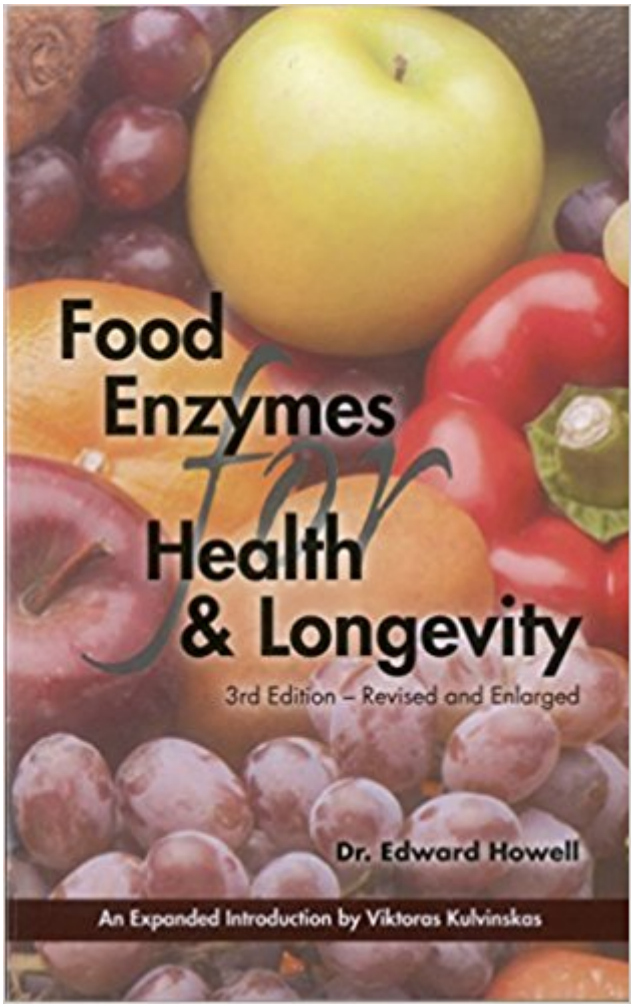
Ebook Directory
the best source of ebook

The book was found

Food Enzymes For Health & Longevity: Revised And Enlarged



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

With an expanded introduction by Viktoras Kulvinskas, this new, enlarged edition of the classic book contains over 400 references to scientific literature that contributed to the formulation of Dr. Howell's revolutionary "food enzyme concept." The second edition incorporated an interview of the author by Viktoras Kulvinskas. There is also an extensive new foreword by Viktoras Kulvinskas that has been added to this revised 3rd edition, as well as a new research appendix at the end. The foreword adds a very substantial body of recent and updated research to support the food enzyme concept of Dr. Howell and underline the importance of food enzymes.

Book Information

Paperback: 252 pages

Publisher: Lotus Press; 3 edition (January 7, 2015)

Language: English

ISBN-10: 0940676273

ISBN-13: 978-0940676275

Product Dimensions: 5.6 x 0.5 x 8.6 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 6 customer reviews

Best Sellers Rank: #463,352 in Books (See Top 100 in Books) #101 inÃ Â Books > Health, Fitness & Dieting > Aging > Longevity #546 inÃ Â Books > Health, Fitness & Dieting > Reference #1421 inÃ Â Books > Medical Books > Pharmacology

Customer Reviews

Dr. Edward Howell, a pioneer researcher in food enzymes and human nutrition, was born in Chicago. After obtaining a limited medical license from the state of Illinois, he spent six years on the professional staff of the Lindlahr Sanitarium, a well known 'nature cure' hospital predominantly utilizing nutrition and physical therapies. In 1930, he established his own facility for the treatment and research of chronic ailments through nutrition and physical modalities. He is also the author of the treatise, Enzyme Nutrition, published in 1985.

If I could give this no stars I would. I decided to read-up on the topic of enzymes for personal health reasons. I purchased this book as well as the author’s first book, Enzyme Nutrition. That book was informative and interesting. I did notice a lot of the cited research was old, but that’s ok; that book itself is about 30 years old anyway and the author was a pioneer, right?The moment I started

reading this book I knew something was wrong. First, I the author passed away years ago, so how could he be writing/updating a book in 2015? Second, the "expanded introduction" read like a really bad infomercial. I looked up Viktoras Kulvinskas and, while I can't tell if he's legit or not, references to alternative religions, spirituality, etc. in a book on enzymes seems off; at least none of this type of research was cited. Third, I couldn't tell who actually wrote the rest of the book, which is quite hard to read. No credit was given to anyone other than the introduction. Some parts seemed like it was Dr. Howell's book (since I had just finished reading the first one), but others did not. Fourth there are countless summaries of references to research, adding little or no value because it was just a one or two sentence summary. Finally, *NONE* of the research is after World War II, never mind in the 21st century! If I remember correctly, the original book DID have research from the 70s or 80s, but this book had none. It is billed as, "3rd Edition, Revised and Enlarged." Revised meaning some of that intro stuff, NOT modern research; Enlarged meaning more white space, larger font size, and more wasteful summaries.Am I any better off having spent time and money on this book? Not at all. In fact, I think this book did more of a disservice to me because of the issues above, and others. I would not recommend this book to anyone, unless you're traveling back in time by about 70 years.

This is an excellent book on enzyme theory on human health. Dr. Howell gave us a detail picture of how food enzymes work thru our body and how it helps to support our body's functions. A must-read book for everybody who want to know more about the theory, and its impact on human body

A very worthwhile book. It does tend to be a bit encyclopedic in spots but, the subject is complex so that is to be expected. I'm glad I found it, my health will be better for it! I might suggest reading Dr. Howell's "Enzyme Nutrition" first. It will give you a base of knowledge that could help you absorb this book.

Very good book and Dr. Edward Howell was ahead of his time.

Great reading! Very informative.

awesome product!

Download to continue reading...

Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy, and Endurance Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy & Endurance The Nordic Secrets For Perfect Health! Scandinavian Rxs For Health, Happiness and Longevity! Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Space, Time and Architecture: The Growth of a New Tradition, Fifth Revised and Enlarged Edition (The Charles Eliot Norton Lectures) The Book of World-Famous Music: Classical, Popular, and Folk (Fifth Edition, Revised and Enlarged) (Dover Books on Music) Fibber McGee and Molly: On the Air 1935-1959: Revised and Enlarged Edition The Architectural History of Venice: Revised and enlarged edition FIBBER McGEE & MOLLY ON THE AIR, 1935-1959 (REVISED AND ENLARGED EDITION) Betty Crocker's Picture Cook Book, Revised and Enlarged Gardening with Native Plants of the Pacific Northwest: Second Edition, Revised and Enlarged Chinese History: A Manual, Revised and Enlarged The Disuniting of America: Reflections on a Multicultural Society (Revised and Enlarged Edition) Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) The Arts of China, 5th Revised & enlarged Edition Hawaiian Dictionary, Revised & Enlarged Edition Poetry Handbook: A Dictionary of Terms New Edition, Revised & Enlarged Edition

Contact Us

DMCA

Privacy

FAQ & Help