

Download Dr. Jensen's Guide To Body Chemistry & Nutrition

This item: Dr. Jensen's Guide to Body Chemistry & Nutrition by Bernard Jensen Paperback \$12.88. In Stock. Ships from and sold by Amazon.com. FREE Shipping on orders over \$25. Details. Dr. Jensen's Guide to Diet and Detoxification by Bernard Jensen Paperback \$11.28. In Stock. Dr. Jensen's Guide to Body Chemistry & Nutrition. Explains the importance to the body of 16 key chemical elements and offers advice on recommended daily intakes. The author also discusses foods rich in these nutrients, showing how to include them in our daily diet in order to assimilate the elements they contain. Dr. Jensen's years of study have proved the juices—both fruit and vegetable—are the fastest method for getting nutrients into our bodies. Dr. Jensen's Juicing Therapy offers more than 100 nourishing, easy-to-make juice combinations to enhance health and well-being. Dr. Jensen's Guide to Body Chemistry & Nutrition – Dr. Bernard Jensen. In the second chapter, electrolytes such as potassium, sodium, chlorine and others were introduced. In subsequent chapters, they relate to the components in our body to chemical elements mentioned earlier. Associated diseases were also stated along the way.