



# Mental and Elemental Nutrients: A Physician's Guide to Nutrition and Health Care

*Carl C. Pfeiffer*

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**Mental and Elemental Nutrients: A Physician's Guide to Nutrition and Health Care** Carl C. Pfeiffer

A pioneer in the field of biological psychiatry details the functions of essential nutrients, warns of the dangers of food additives, and explains nutritional therapies for numerous disorders.

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