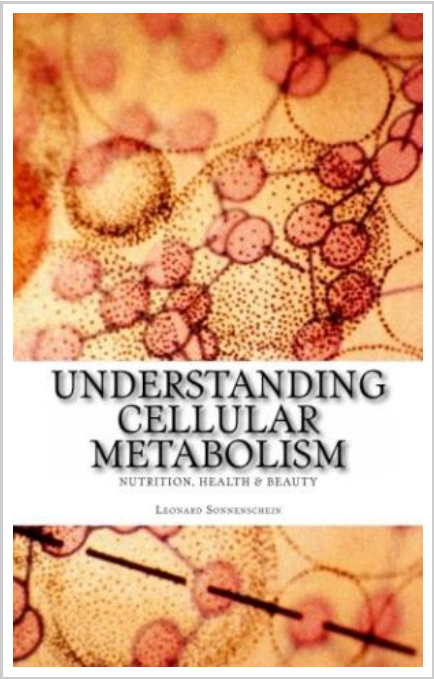


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Understanding Cellular Metabolism: Nutrition, Health and Beauty

By Leonard Sonnenschein

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 108 pages. Dimensions: 8.0in. x 5.0in. x 0.2in.This book is very easy reading and took me back to previous biology courses. The author questions the role of certain parts of the cell. The chapters on food chemistry with emphasis on vitamins and their role in our everyday life were quite illuminating. I believe that Leonard Sonnenschein has given us new insight into the metabolism of plants and animals. Nathaniel H. Murdock, M. D. Past President of the National Medical Association Associate Professor at the Washington University School of Medicine Board certified in obstetrics-gynecology Description: Everything you learned about metabolism in your first science class is wrong! Every generation has become astounded by the advances in science within their generation. This book will review what is known about cellular metabolism and how it governs your health. You will then be amazed how the absorption of nutrients affects your wellness, your beauty and longevity. You will also find out that most nutritional supplements, most cosmetics and, indeed, most pharmaceuticals are not designed for optimal absorption, therefore you are not getting the necessary nutrition and other products that...

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