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In The Supplement Handbook, he takes the guesswork out of what to use and when by providing clear, authoritative advice on more than 200 ailments and 200 supplements. In this discerning guide, readers will learn how to treat or alleviate common conditions such as arthritis, heartburn, high cholesterol, high blood pressure, migraines, and hot flashes.

Description of the book "The Supplement Handbook: A Trusted Expert's Guide to What Works & What's Worthless for More Than 100 Conditions": Nearly half of Americans use supplements--and many more are curious about them--yet questions abound.

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