



The Healing Nutrients Within: Facts, Findings, and New Research on Amino Acids

By Eric R. Braverman



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Explains how to use amino acids to achieve optimum health and describes their beneficial roles in fighting cancer, Alzheimer's disease, depression, heart disease, and more.



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Editorial Review

About the Author

Eric R. Braverman (born 1957, New York City) is a physician, researcher, and author. He is the medical director of PATH (Place for Achieving Total Health) Medical and coordinator of clinical research for PATH Foundation NY, both of which are located in New York City. Braverman has published journal articles and popular books on the topics of neurology, psychiatry, internal medicine, bariatrics, and preventative medicine.

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Smayda is the Director of Primary Care Medicine at Cape Cod Hospital in Brewster, Massachusetts.

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