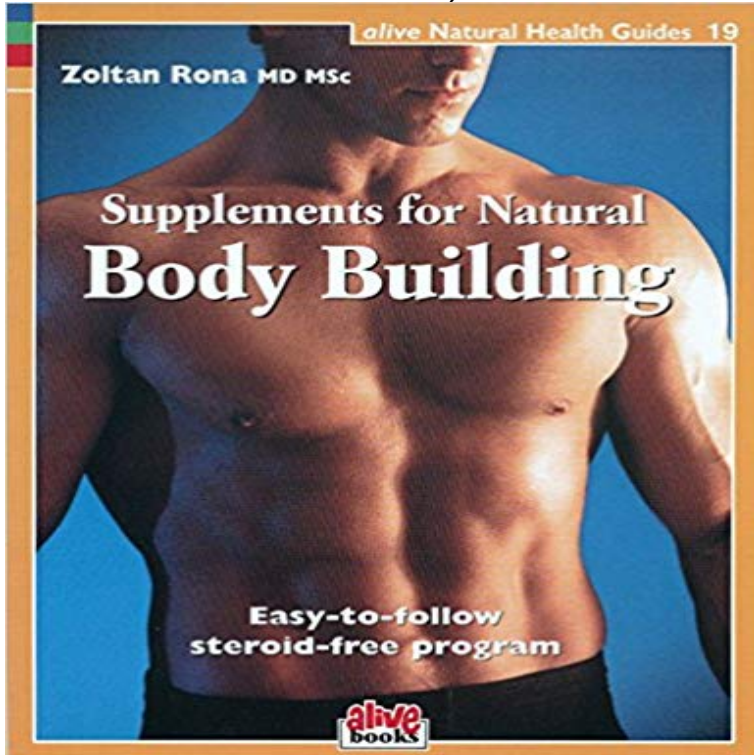


Supplements for Natural Body Building (Natural Health Guide) (Alive Natural Health Guides)



Well-known natural health expert and medical doctor Zoltan Rona provides information about the ten most important supplements for bodybuilders~and indeed for anyone who wants to look and feel their healthy best without dangerous drugs. Learn how to gain muscle and power with an easy-to-follow program that utilizes protein, glutamine, arginine, a whole-foods diet and more. These safe and natural nutritional and herbal supplements can help you achieve a well-muscled physique whether you're competing or not. Includes a collection of recipes that provide the essential nutrients body builders need accompanied by full-color photos of mouth-watering meals.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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