



## The Dha Story: How Natures Super Nutrient Can Save Your Life (Paperback)

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By Robert Abel

Basic Health Publications, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. DHA is an essential building block of the membranes of brain cells and indeed each and every cell membrane in the body gains strength and flexibility from this omega-3 polyunsaturated fatty acid. DHA has been shown to deactivate the enzymes that destroy cartilage and is therefore useful as protection against arthritis. This book shows how to use DHA to help counteract the negative effects of refined sugar and flour, saturated fats and oils, alcohol and pollutants.



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