



The Complete Book of Enzyme Therapy: A Complete and Up-to-Date Reference to Effective Remedies

By Anthony J. Cichoke

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The Complete Book of Enzyme Therapy gives a clear picture of enzymes - what they are, what they do, and how they can be depleted in the body. It then explains how you can begin an enzyme-rich diet, and when, why, and how enzyme supplements may be taken. Also provided are enzyme treatments for more than 150 conditions.

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Editorial Review

About the Author

Anthony J. Cichoke, D.C., Ph.D., is a chiropractor with a doctorate in nutrition. He hosts an internationally syndicated radio talk show called "The Dr. Enzyme Self-Help Show." He has written several books, including **The Complete Book of Enzyme Therapy** for Avery, and hundreds of articles on the subjects of nutrition and chiropractic. He lives in Portland, Oregon.

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