

A Global Nutrition Guide Reveals the Hidden Deficiencies Shaping Energy, Immunity, and Lifelong Health



HELPFUL FACTS ABOUT **NUTRIENTS** IN **HUMANS**

DR. SHABBIR AHMAD

Stoke on Trent, Staffordshire Jan 23, 2026 (IssueWire.com) - Helpful Facts About Nutrition: How Vitamin & Mineral Deficiencies Affect Energy, Immunity, Hormones, and Chronic Disease, written by Shabbir Ahmad, is a clear and informative guide that explains how essential nutrients influence everyday health. With a publishing date of 8 October 2025, the book is released on Amazon Kindle and focuses on the connection between vitamins, minerals, energy levels, immunity, hormones, and chronic health concerns.

About The Book:

This book presents an important idea: many modern health problems may begin with nutrient deficiencies rather than disease itself. Millions of people experience fatigue, anxiety, weak bones, blood sugar imbalance, and hormonal disruption without understanding the cause. Written in simple and accessible language, the book explains the role of key nutrients such as calcium, magnesium, iron, iodine, zinc, chromium, selenium, copper, and other trace minerals often missing from modern diets. Readers gain insight into how these nutrients support metabolism, immunity, mood, nerve function, muscles, bones, and heart health. The book also highlights how processed foods and soil depletion can lead to calorie-rich but nutrient-poor diets. This factual guide helps readers connect daily symptoms with nutrition and make informed health decisions.

About The Author:

Author Shabbir Ahmad presents medical knowledge in a practical and easy-to-understand way. Helpful Facts About Nutrition is not a diet plan or treatment manual, but an educational resource designed to build awareness and support preventive health. The book is available worldwide in six languages: English, Urdu, Chinese, French, Korean, and Spanish, and is accessible across all major bookshelves for a global audience.

Availability:

Available now worldwide explore Helpful Facts About Nutrition today and gain the knowledge to make confident, informed nutrition choices for better long-term health.

Book Link: <https://www.amazon.com/dp/B0FV7QHXY2/>



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