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Andrew Saul, Ph.D., is contributing editor for the Journal of Orthomolecular Medicine. A biologist and teacher by training, Dr. Saul has been a consulting specialist in natural healing for more than twenty-five years, helping medical doctors' problem patients get better.

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Dr. Saul has published over 150 reviews and editorials in peer-reviewed journals. His internationally famous website is Doctor Yourself.com, the largest non-commercial natural healing resource on the internet.

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DOCTOR YOURSELF: Natural Healing that Works is nutritional medicine in action, and as such deserves a prominent place in the library of anyone serious about self health care." (Vitality magazine)

~~The DOCTOR YOURSELF book~~

Natural healing is not about avoiding doctors. It is about not needing to go to doctors. A dentist is not upset if you are cavity-free. A doctor should not be upset if you are healthy. The idea is to be well. The first step is wanting to be. The old Chinese saying is "When you are sick of sickness, you are no longer sick."

~~DoctorYourself.com: Andrew Saul's Natural Health Website~~

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Menopause has been medicalized into a disease. It is not. Just as menarche (the start of menstruation) is a natural process, so is its cessation also a natural process. The symptoms we associate with menopause still need to be addressed, of course, but perhaps from a slightly different angle.

~~DoctorYourself.com~~

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~~Chronic Back Problems and Vitamin Therapy~~

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How much vitamin C is an effective therapeutic dose? Dr. Klenner gave up to 300,000 milligrams (mg) per day. Generally, he gave 350 to 700 mg per kilogram body weight per day. That is a lot of Vitamin C. But then again, look at that list of successes. Dr. Klenner emphasized that small amounts do not work.

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~~Vitamin C Therapeutics – DoctorYourself.com~~

One of the most popular guides to nutritional therapy ever published, Doctor Yourself is now updated and expanded with the latest research and additional topics, providing proven methods for combating an even wider variety of health conditions.

Don't bother looking in the history books for what has killed the most Americans. Look instead at your dinner table. We eat too much of the wrong foods and not enough of the right foods. Scientific research continually indicates nationwide vitamin and mineral deficiencies in our country, and we spend over a trillion dollars each year on disease care. Is it any surprise that doctors consistently place among the very highest incomes? Andrew Saul has seen enough of this situation, and in Doctor Yourself, he gives you the power you need to change it. Citing numerous scientific evidence, as well as case studies from his decades of practice, Dr. Saul explodes the myth that an army of medical specialists and pharmaceutical drugs are necessary to maintain our health. The human body evolved to live well and fight off disease on a supply of only a dozen or so essential nutrients. Unfortunately, modern meat-laden, high-sugar diets provide catastrophically inadequate levels of those nutrients. Using the guidelines and protocols for diet and vitamin megadosing laid out in Doctor Yourself, you can not only prevent disease from getting a foothold in the first place, but also literally cure yourself of illnesses already in progress without resorting to drugs or surgery. One of the most comprehensive guides to nutritional therapy ever published, Doctor Yourself provides proven methods for combating almost every possible health condition—from asthma and Alzheimer's disease to cancer, depression, heart disease, and more—all presented in Dr. Saul's unforgettable style. Whether he's delivering commonsense tips on subjects such as weight loss and longevity or praising the healthy glow of a carotene tan, Dr. Saul takes the starch out of healthcare and makes taking charge of your family's health an experience both valuable and fun.

This book is about diseases treatable with vitamins. It is also about any number of other ways in which you can, as I say, "fire your doctor." Should you ever want to put someone to sleep, just start lecturing on nutrition with the ever-boring "vitamins A through E and foods that contain them" approach. I guarantee that heads will be nodding long before you finish with the B complex.

Health.

The basics of Orthomolecular Medicine explained, demonstrating that megavitamin therapy works. Presents 5 simple rules for healthy eating, how to take vitamins, minerals and other nutrients in optimum doses and covers therapy for arthritis, cancer, behavioral problems, autoimmune diseases, cardiovascular disease and more.

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Women make up 50 percent of the population--but are women's unique health issues really understood and safely handled by modern medicine's rush to pharmaceutical answers? Often our doctors miss the mark by giving us just a few minutes of their time and a quick prescription rather than taking the time to look into the reasons why a problem has developed and offering natural, safe solutions. This book highlights some of the most common health concerns of women, and how vitamins and nutrition can help. What you will find in this book is a step-by-step, drugless approach to the specific illnesses we face. Written with humor, understanding, and an easy-to-read style. "The Vitamin Cure for Women's Health Problems" gives straightforward guidance on the serious issues women deal with throughout their lives. It includes useful, natural, and safe solutions for common issues such as premenstrual syndrome (PMS), yeast infections urinary tract and bladder infections, and menopause, to more complex issues such as problems caused by hormonal contraception, sex drive concerns, infertility, and prevention of female cancers of the breast, ovaries, endometrium, and cervix

Unique combination of humorous true juicing stories coupled with sound guidance and advice to help live a healthier life

If you want something done right, you have to do it yourself. This especially includes your health care. Natural healing is not about avoiding doctors, it is about not needing to go to doctors. The idea is to be well. Each of us is ultimately responsible for our own wellness, and we should consider all options in our search for better health. That is the focus of this book, how we can get better using practical, effective, and safe natural therapies.

This book can be a godsend for many persons--for those who suffer from alcohol addiction, for their friends and loved ones, and for those in the relevant helping professions. Its central message is that alcoholism is primarily a metabolic disease that should be treated with due consideration of its physiological roots. The old moralistic approach and the more recent behavioral and psychological treatment approaches have a dismal record of failure, largely because they pay little or no attention to the crucial physiological and nutritional needs of alcoholics.

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