



Doctor Yourself: Natural Healing That Works

By Andrew Saul

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This thought-provoking, comprehensive guide to nutritional therapy provides proven methods for combating almost every possible health condition - from asthma and Alzheimer's disease to cancer, depression, allergies and heart disease - all presented in Dr Saul's direct style. Arranged in two sections, the first deals with the conditions in an A-Z style, whilst the second deals with more general areas like stress reduction and evading exercise. It also contains: guidelines for diet and vitamin megadosing to prevent common ailments such as asthma, heart disease and alcoholism; and case studies such as the person who was allergic to bee stings. When stung he megadosed on Vitamin C and showed no signs of any symptoms.

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Editorial Review

Review

"Must reading for anyone seriously interested in health and doubtful about the efficacy of conventional medicine." --John Moelaert, author of *The Cancer Conspiracy*

About the Author

Andrew W. Saul, M.S., Ph.D., is editor-in-chief of the Orthomolecular Medicine NewsService and is on the editorial board of the Journal of Orthomolecular Medicine. Has published more than 180 peer-reviewed articles and has written or coauthored 12 books.

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