

A comprehensive guide to nutritional therapy that provides proven methods
for combating almost every possible health condition—
from asthma and Alzheimer's disease to cancer,
depression, heart disease, and more.

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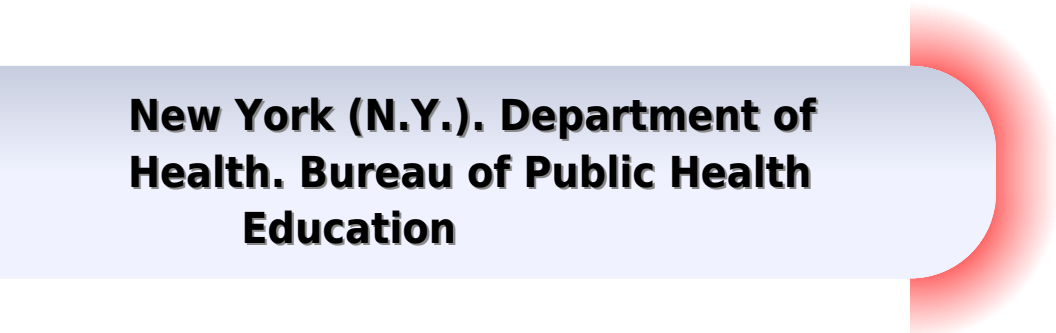
DOCTOR *Natural Healing That Works* YOURSELF

"Doctor Yourself has an enormous amount of very important information dealing
with the use of nutrition in the treatment of mental and physical disease.
Thank you, Dr. Saul, for making this information more available and thus promoting the
development of the medicine of the twenty-first century—orthomolecular medicine."
—Abram Hoffer, M.D., author of *Putting It All Together: The New Orthomolecular Nutrition*

ANDREW SAUL, PH.D.

Doctor Yourself Doctor Yourself

**New York (N.Y.). Department of
Health. Bureau of Public Health
Education**



Doctor Yourself Doctor Yourself:

Doctor Yourself Andrew W. Saul, 2003 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.

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Doctor Yourself Andrew Saul, PH.D., Andrew W. Saul, 2009-04 Saul presents options for treating a variety of diseases with vitamins. A biologist and teacher by training, Dr. Saul has been a consulting specialist in natural healing for more than 25 years. *Doctor Yourself (Volume 1 of 2) (EasyRead Super Large 18pt Edition)* , *Judith Trachtenberg* Karl Emil

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