

**"EMPOWERING AND HEALTH-ENHANCING INFORMATION"**

—Christiane Northrup, M.D., Author of *The Wisdom of Menopause*

# **WHAT YOUR DOCTOR DOESN'T KNOW ABOUT NUTRITIONAL MEDICINE MAY BE KILLING YOU**

- Turbo-charge your body's natural healing power
- Why your cholesterol level is NOT the key to protecting you from heart disease
- What medical evidence really indicates about the root cause of cancer, diabetes, arthritis, Alzheimer's, fibromyalgia, and many other diseases
- Start your anti aging strategy now and protect yourself against the dark side of oxygen

**RAY D. STRAND, M.D.**

Ray D. Strand

# What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You



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The impact of nutritional medicine has had a dramatic and controversial--but documented--impact on the lives of Dr. Strand's illumination of the body's silent enemy-oxidative stress-will astound you. Ray Strand discovered himself in a losing battle, unable to successfully treat his wife who experienced suffered chronically with pain and fatigue, he decided to try the routine of nutritional supplements a neighbor suggested. When Dr. Much to his shock, his wife's condition begun to improve almost instantly. But, moreover, his study will equip you to protect or reclaim your nutritional health, probably reversing disease and stopping illness. Dr.Strand's patients and can now change visitors' lives too. That amazing change of events led him to dedicate himself to researching alternative therapies in medicine, especially in the arena of nutritional supplements.



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A book where we discover the healthiest ways that to be healed from many sicknesses. I recommend this book to everyone not only to anyone who has chronic degenerative circumstances but even to those who would like to have a healthier life in order to enjoy their lives to its fullest. And I also from the book Burt Berkson, MD, PhD. Even though I own around 300 doctors and health books I still by this reserve found important info. Especially I now see how helpful, and important, the Grape seed extract is definitely in many sickness instances, besides by increasing the outcomes from the minerals and vitamins. And when I then looked in my additional books after Grape seed extract I found that I experienced forgotten what I previously there had browse as I almost found nothing about it. A pal stepped in with some natural supplements and she got well. God and Buddha bless whoever writes these stuff. A must browse for anyone looking to use diet to . just like we have the oxidizing problem to watch for through the entire body. Among other it's delightful in the book to learn the many cases, as most of these getting truly amazing. For instance, in the diabetes chapter we read about Joe whose ratio triglyceride / HDL was 40, by the cholesterol measure, without allowed being greater than 2, if stopping diabetes. And by changing his life-style after just 12 weeks his tritricale ratio already have been turned down to only 2. It might even help people log off their current medication and heal their circumstances. Great and an incredible book! The book is quite thorough and specific in its contents and information regarding the roles of supplements and vitamins.: "Medication Muggers: Which Medications are Robbing THE BODY of Essential Nutrients", Then i discovered that the drug which a doctor had put me on against stress, not was good for people eating banana, or rice, that i daily are receiving. I shoved the publication to the doctor, nonetheless it didn't chance anything in the hospital, the drug continued in being providing to individuals. Still we examine that just 7 % of doctors find out about minerals and vitamins, and that doctors tend to look at nutrients as being drugs. Consider charge of your healthy, read a lot from credible sources and take action to improve the way you take care of your body and you will not be using your health insurance except for emergencies like mishaps. It should be needed reading for your individual physician. Most of our modern diseases- diabetes, cardiovascular disease, auto immune disorders, arthritis etc are because of poor nutrition, unremitting tension, too little sleep, insufficient exercise, environmental poisons, poor gut health. This doctor got a wife who was simply sick and all of the doctors he know couldn't help her. And also I'm going to buy Grape seed extract, to observe if it can help in solving a few of the problems which my wife during some years provides discussed. I also recommend this publication to all health care professionals specifically MD's, nurses, pharmacists, and other disciplines to let them know that the human body has the ability to heal itself or to prevent chronic degenerative illnesses through a switch of lifestyle with emphasis on nutritious diet, exercise and nutrition. A must browse for anyone seeking to use nutrition to boost their health instead of just taking medications for issues. Now (30 years) she only requires a tiny bit of medicine and she continues to improve. My girl had a life threatening case of Lupus when she was 21.: "The Alpha Lipoic Acid Breakthrough", recalled how he would have been fired, hadn't it come to the news, after he 2 \* 2 times had saved the life of individuals, poisoned by fungi, because he utilized ALA, (Alpha linolenic acid), that your hospital didn't know about. Very good basic level book on Nutritional Medicine Excellent primer on nutritional medicine. I experienced to deduct one star as the only issue that bothers me is there was no real mention of Probiotics, and generally there is enough of research that is around for years to support probiotic use in Nutritional Medicine. However, for the first 12 months student in medical field or the arm seat health nut, this book will last well. Great Information Great details about how to modification your health without using prescription drugs. I are likely like emphasis more on getting healthful through more natural means, apart from taking health supplements, which Dr. Strand advocates. However, since a lot of people

do not eat more than enough fruits and vegetables, and our food source has much lower nutritional value than it used to, this is a must read before starting medicines for chronic conditions.5. But by in the reserve reading about the doctor misbelief in nutritional medicine, I obviously recall my own battle with doctors within Chiang Mai, during now 13 years, mostly regarding the way in which they blindly believe to remedies cholesterol and cancers. For instance, when I back in 2011 received the reserve by Cohen, Suzy, RPH. Five Stars I really like this book and research a lot healthy knowledge. The reserve puts great focus on cell nutrition which people ignore because of lack of knowledge and information. The book is printed in 2002, but I have to say that it's hard compared to that it would be different if it first was printed this year, this because the antioxidant advises nearly is up to date, and because unfortunately still most doctors still don't understand the importance in natural antioxidants, but instead blindly only trusts drugs. Obviously he started to add the dietary training to his career he lacked and has turned into a a lot more successful doctor consequently. So only rarely the problem may be the total cholesterol quantity, but instead id there are some oxidized LDL; tells how as a health care provider he had no use for supplements until his wife, so ill with fibromyalgia, improved therefore quickly with some vitamins a friend brought.. For all you Doctors out presently there we want to address the primary cause of our sickness not only manage it with prescriptions. averedge diet doesnt give us what we need very helpful, the first time i've understood anti-oxident problem .. a particular list for daily requires is included Extraordinary This book is required reading for all who want optimal health. arthritis etc are because of poor nutrition, unremitting stress Know that most Doctors obtain hardly any or no education approximately the role of nutrition, exercise, stress etc. Five Stars Very informative. You can easily acquire the degenerative conditions if we take our health and wellness for granted. Five Stars Very informative Awesome and informative sometimes at 2017 Awesome and informative even at 2017. Browse in one sitting. In the book is interesting to read that whenever Ray was studied medical then the cholesterol level significantly less than 320 was considered being normal, while now it the has fallen to 200, but that in reality being a misunderstanding about LDL, as LDL is very healthy except for portion of it which might have been oxidized. Boo to the money sucking doctors.



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