

# PUTTING IT ALL TOGETHER: THE NEW ORTHOMOLECULAR NUTRITION

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Introduction by —————  
LINUS PAULING, Ph.D.

The new  
lifestyle for  
super good  
health—  
expanded and  
revised edition of  
the nutritional  
classic that  
has enriched  
tens of  
thousands  
of lives

- Dangers of conventional diet and treatment
- The optimal diet
- Antistress supplement program
- Compelling case studies

Abram Hoffer

## Putting It All Together: The New Orthomolecular Nutrition



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The orthomolecular concept is a simple one, using optimal nutrition to combat, heal and prevent physical and mental illness. It explains the functions of major nutrition, summarizes new study and lays out a comprehensive anti-stress supplement program - to show the way to an extended, healthier existence. In this expanded, up to date and revised edition, the author discusses orthomolecular medicine and treatment with case histories. Its overall goal is promoting optimal wellbeing and longevity for everybody. Orthomolecular nutrition is founded on diets and food supplements of essential minerals and vitamins specifically selected to solve individual problems and needs.



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The only 'diet' and 'nutrition' plan you will ever need to read. This is the best book in nutrition ever written for the lay public. Essential read for cancer sufferers or sufferers with debilitating illnesses like diabetes. Abram Hoffer wrote over 30 books and published over 500 peer reviewed content articles and rightly most likely deserved at least one Nobel Prize in medicine for his discovery on how best to treat mental patients and malignancy victims Hoffer was the best healer of guy since Jesus Christ. Truly lifesaving book That is a book every doctor who wants to cure the patients should read, and every patient to self cure, because we can not depend on the doctors and current healthcare system, that i call disease maintenance/patients' money extraction system A MUST have publication! Hoffer was a saint sent among men to lead them from the wilderness of David Rockefeller's medical cartel's lies also to set them free! Especially over the last 5 years, I here in Thailand, have been fighting with doctors in respect to the most recent knowing concerning cancer and cholesterol. And where Hoffer after that concluded that if this boy's primary doctor had had a better education concerning minerals and vitamins, then the teenager could have had a give up normal life; I like the clear and concise way the author outlines diet and the benefits of nutrients. I purchased this book used from a third party for my naturopathic course. The only thing which, to me, is missing, with regards to the vitamins, may be the stating of which actual variants was utilized, or even to use, as for example stating supplement E natural, instead of just vitamin E, and when it arrive to the vitamin K, then that it actual may be the K2, (and moreover MK-7, the MK-7 having the longest halving time), which is used.! A great source of details on how to boost well-being and health. And due to this fighting I thereby have already been reading many doctor and health books.If you ask me it has been an extremely interesting book to learn, especially concerning the actual patients cases which were are receiving. ties biology and chemistry collectively and makes sense to a difficult subject. And from whom the other doctors had eliminated half of his tummy, believing that the reason for not getting in food was caused by suffering from gastric tumor. When the surgery showed up to become a mistake, then Hoffer was called, and where Hoffer, after having figured the case for not consuming energy by meals, was due to hypoglycemia (low blood glucose), and for that reason ordered which mixed meals, and vitamins, to give the patient. But, as Hoffer also condition on another aspect in the publication, there even exist person who will get problem by only taking 45 mg C vitamin, opposite for some person that can take 40 grams each day (actually actually some who may take 200 grams). And we learn about how most doctors mistakenly were (are) convinced that sugar is the straight out way in giving energy to their individuals.And as among the other, again if you ask me, rather seldom instances to learn about, we on the side 189 find out about a case concerning a 17 years older teenager, who from the day he was born had been coping with problems. He has surfaced in California at age 106. Born with the struggling of epidermolysis bullosa (the opportunity of which being 1/50,000), causing problem as blisters, and much more.But contrary to this small statement, the composing, by Hoffer, concerning for instance Fat, I must say was in front of the period when it had been written, as we often, then 17 years back, only in the brand new was learning that Fat was bad, but where we now in the news headlines are learning exactly like Hoffer then was stating. And after Hoffer ordered vitamins and mineral, the individual seven days later, for the very first time in his life, could manage a standard toilet go to, and beside was beginning developing. I owe my entire life to Dr. easy.And starting privately 181 we also are learning about a patient being typical schizophrenic and who is coursing Hoffer more problem than normal, and where after that it turns up that she almost is allergic to everything that she eats. And the patient was

healed! As the reserve is reprinted in 1996, and as I owe 350 of equal books, mostly new doctor and health books, I was expecting that this book would not be in much help to me, when it come to the writings on the countless sides concerning the vitamins and minerals, but I have to grant that also on these sides there were much interesting readings. Again a book from Hoffer which especially ought to be read by the orthodox doctors. I thought if this one little vitamin can help so very much, what else is there? And until then also deforming fingertips and toes, and besides each day, with his mother having to remove his stools manually! I purchased this publication used from a third party for . Unless you read Hoffer, you do not know diet or the natural healing arts. Well worth the \$\$ Amazing book!! I'm pretty not used to Vit C and also have been simply amazed. But real reasoned by we 1st at the same time as the book was printed then started discovering more vitamin supplements K, than only 1 vitamin K. This is the perfect book to explain what each vitamin, mineral etc can perform, how to take it and just how much to begin with. It starts right from the start and explains diet and why all of this matters. I can't recommend it enough! Quite definitely worth the money! One of the most important books in the world, easy.! I really like the clear and concise way the author outlines nutrition ... Hoffer and am not really shy about promoting his work. He spends a little bit of time outlining the advantages of B3 which is quite helpful. I have recommended this book to my clients many times. Good introduction Good introduction to the topic. I am skeptical of the application form to mental issues. My launch was from a fellow engineer in 1965, who was simply elderly but energetic at that time. And when he with his mother found Hoffer, he mainly was looking as just being 10 years old, among other by missing height. Pleased I paid attention to him. as the just problem, in this case, was that he was lacking the zinc vitamin! I highlighted a lot and will be reading and referring back again to it many times. But all together, if you ask me, it is an exceptionally interesting book to learn, and without doubt continue being so in the future, and I will continue caring for more writings by Hoffer.. This content can be everything it stated it was. I took a grad degree in biomedical engineering therefore I'm more qualified than most to touch upon his works. The book itself fell apart instantly.. Very informative and precisely what i had a need to complete this module. Acquiring charge of your wellbeing Very informative. As the doctors for example argued that my wife will be dying by cholesterol, and contrary to this, she based on the Harvard, just were having 1 % potential for during 10 years. Fascinating. Is practical of why we have to eat what we need to eat to stay healthy. Interesting approach to nutrition; For example the case which start on the side 48, where we find out about how Hoffer succeed in saving the life of an individual, who then only was weighting 75 pound, as he actual could not consume foot. Very Informative and Comprehensive Very informative and comprehensive.



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