

Safe and Effective Natural Therapies
for More Than 80 Health Conditions

FIRE YOUR DOCTOR!

How to Be Independently Healthy

Good health facts are an indispensable part of getting useful and meaningful information from the enormous amount of health-related material available these days. Each person must develop a diet and lifestyle that works best for him or her but in order to do so, they need to understand the alternative treatment options that are available to help them achieve good health.

Fire Your Doctor helps them do precisely this.

—Abram Heller, M.D., author of *Putting It All Together*
The New Orthomolecular Tradition

Andrew W. Saul, Ph.D.

Read How You Want
HOW TO FIND THE BEST BOOKS

Steve Hickey

Fire Your Doctor; How to be Independently Healthy



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If you want something done best, you need to do it yourself. Each of us is ultimately responsible for our very own wellness, and we ought to consider all options in our seek out better health. That is the focus of this book, how we can get better using practical, effective, and safe natural therapies. The idea is to be well. This specifically includes your wellbeing care. Natural healing isn't about avoiding doctors, it is about not having to go to doctors.



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Excellent Health Tips from Andrew Saul PhD. Recommend the purchase of the book. I could trust Andrew Saul to give factual and advice for the best wellness possible and in "Fire Your Doctor," he does that and more. Also, many thanks Amazon Primary for the quick delivery. It was within my home in one day, when I was expecting 2 days. Our next generation needs to understand how to be healthful at an early age, and educate them to trust their body's natural means of healing. Saul has to give us. I have photocopied and distributed many chapters.D.>D. In the afternoon, she ate organic legumes and fish. it broke my center every time I saw her curled up in a fetus position in bed. Very useful and informative Four Stars good knowledge of what to do Five Stars Rate 5 stars +++++ Five Stars Love it! One of the best health care books I simply bought this book and almost done with it, and I absolutely love the advice Dr.I've also read the book "The Gerson Therapy" with Charlotte Gerson (girl of Max Gerson) and it was a great book to get a different perspective to the health care approach. She will come home from work with excruciating pain; Before my wife and I started eating well-nutritional diet programs plus high dosages of Supplement C and all the others, she was diagnosed with a gall bladder inflammatory conditioned that haunted her each day. Although I believe in the majority of their nutrition-based-recovery, I still think that therapy is definitely for only fitted to the extremely cancers ill or terminal ill-related circumstances. His insight on such wealthy details is astonishing, and really opens your eyes to what's taking place in the health care industry. The Gastroenterologist do three different CT scan, X-ray and surgical test in an attempt to discover what was going on with her gall bladder, but didn't pin point the reason. I kept requesting him what was the issue and he couldn't tell me why. I was mad at the last check out and I informed my wife; Great investment in my wellness. We changed our way of eating and gave her a fruit smoothie loaded with crucial organic superfruits and 5 grams of vitamin C on a clear stomach. quotes. We are over prescribed with indicator covering medications that hardly ever actually heal the true illness. Until today, I still get up each morning at 5:45am before she heads out to function to make her delicious smoothie and she's fool of energy because of it. She feels like a million bucks and she informs me every week how many people contact out to function because they're sick with the flu. It's a genuine fact that nutrition works! Very Good .. Great read Very informative information here.but could possibly be better (includes SUGGESTIONS for author) Loads of good details written within an short story format. It generally does not receive 5 stars since it does not have just as much as it might in scientific research.Suggestions for further editions:>The leans heavily toward orally ingested remedies seemingly without acknowledging the efficacy of others suitable treatments, I believe people want this to be adjusted. that prescribe pharmaceutical medicine and N. Five Stars Love this book utilize it constantly to find real answers Oh how I love this book Oh how I love this book! Expanding neurological issues, many are greatly suffering from diet, particularly with fats and electrolyte intake.Could possibly be better but overall an excellent book worth the money. Excellent and Informative Easy and educational reading with plenty of information and great writing style. The author is delightful and although some of the information is outdated, the book provides sufficient information to be looked at "required reading". MANY THANKS. Well written and even witty. there has to be an alternative to treatment you.. People honestly need to take their health to their own hands and stop feeding money into the drug industry. It really is a genuine treat and relatively empowering to be able to find various wellness recommendations from a credible source. You just have to research and take the time to learn! I firmly consent that everything you put into your body can heal you. Great reference book When you just get sick and tired of conventional prescription drugs and all the unwanted effects, there are some other alternatives you can test to improve your health. It's the biggest "ah-ha" instant of your life. Once you enter the globe of natural/holistic healing you never go back. When your doctor just does not have time to sit down and talk or also consider

another treatment plan, it is time to take issues into your very own hands (as long as it isn't something that only a medical professional must handle). All cures are at your fingertips! I will keep the reserve for a long time and just thumb through it when I have a medical issue or a family member has one. We Must LEAD TO Our Own Health We certainly are a nation over dependent on physicians. Shortly after that all her abdominal pain vanished with out a trace. Medical doctors need to have their pedestals shaken a bit. The easiest method to make this happen is to take the matter of OUR VERY OWN health into OUR VERY OWN hands. Yes, this is possible. "Fire YOUR PHYSICIAN" tells us in simple vocabulary and humorous prose how to be supremely healthy people with only extremely limited need for outside medical intervention. Component Two of the reserve is titled "Natural Healing Protocols for All-Too-Common HEALTH ISSUES". This section gives recommendations and remedies for several ailments that generally plague us. I like it when he rates all other authorities from both sides: M. I have also personally tried some of the remedies with great achievement. "Fire YOUR PHYSICIAN" gets the added advantage of being easy to check out as well as an extremely pleasant read. Becoming healthy and maintaining that great health isn't as difficult as it may seem. Your health is certainly everything. This book is well worth your time. This book should be in everybody's library There is a great deal of useful information, presented in a clear and understandable manner. I have added it to my library of wellness "go to" books. Very helpful! Everyone of us needs to take charge of your own health treatment and we have to educate our kids from a age to accomplish the same with their health care. I'd like to see more on what's often unfortunately dismissed as cosmetic medical issues, in regards to skin and locks,> It gives so much information regarding how to look after one's self and be healthy. I, like many usually do not like to go to the Doctor on a regular basis so I take very proper care of myself which books has helped quite definitely. Great investment in my health Plenty of good sense alternatives to feeding your doctors bank-account here.



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