

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.

Doctor Yourself

Natural Healing That Works

"*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 for promoting the development of the medicine of the twenty-first century...orthomolecular medicine."

—Abner Hoffman, M.D., author of *Putting It All Together: The New Orthomolecular Nutrition*

Andrew Saul, Ph.D.

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Andrew Saul

Doctor Yourself: Natural Healing that Works



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This book is approximately diseases treatable with vitamins." If you ever want to put you to definitely sleep, just begin lecturing on nutrition with the ever-boring "vitamin supplements A through E and foods which contain them" approach. Additionally it is about any number of other ways where you can, as I state, "fire your physician. I ensure that heads will become nodding long before you surface finish with the B complex.



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My new hero is Vitamin C and a lot of it! Detailed protocols to use daily for all illnesses I ordered this publication along with many others of Dr. The secret ingredient is Supplement C and plenty of it. I can only say understand this publication and read it and practice what it preaches. I was recently identified as having an infections in my lower intestine, and recommended two heavy duty antibiotics, which produced me severely ill. I was told by the clinic I went to that if I didn't stay the course and continue acquiring the prescribed antibiotics that I'd die. I was so unwell from only two doses of the antibiotics (with twenty eight more doses to proceed) that I made the decision to stop. Such a discount as currently saved me money on allergy meds n feel better without drowsy side effects! Within three times I was as good as brand-new. While researching Supplement C on the internet I found this reserve, ordered it, browse it, and told others my story. I am postponing my upcoming oral cleaning - moving back again to simply having two oral cleanings per year rather than one every 10 weeks. I could continue and on. Brilliant advice (and fun to read). You will save yourself the big bucks over the years in doctor appointments and prescription drug costs plus taking high doses of Vitamin C will improve your health now and could quite definitely lesson your potential for getting any number of debilitating illnesses including cancer later on. One last thought... I ended up acquiring 16,000 mgs of Vitamin C. BOOK OPENED MY EYES This is a MUST READ EXCELLENT, NOT TO End up being MISSED! I am back again to being healthful and high energy. All I could say is that the big pharmaceutical companies have done their job well with income in the vast amounts of dollars fueled by a compliant, ignorant public and most doctors today prescribing medications at an archive rate. Thank the Lord I found this reserve. 'Doctor Yourself' says it all. Please Read this SUPER HELPFUL Reserve! This book has very positively changed my health and quality of life. I really do not usually get ill with viruses. Saul - uncertain if you reach examine these, but thanks a lot anyway! I am an extremely health-conscious, whole-foods-only eater and regular exerciser in my own early 50s who maintains a wholesome weight and incredibly active life. Thank you, Dr. Nevertheless, this January I became unwell with a cold the morning after I experienced a flu shot. I got progressively WORSE for a solid six weeks until I was terrified I had acquired chronic exhaustion. You certainly do not need to be a rocket scientist to understand it! After viewing a G.P. three separate moments, I gave up and appeared for holistic remedies online. After all there is no money to be made off of natural treatments like Supplement C and a public who takes possession of it's health. Simply common sense! I've continuing a daily maintenance dose of 10-15 grams (10-16 1000 mg tablets) of C a day time throughout the day. Have you ever read all the 'side impact' warnings on those prescription drug packages? Easy to read and written with witt! In addition, I no longer am suffering from a dirt mite allergy, (sneezing, coughing, and runny nasal area were common indoor occurrences for me.) When I begin coughing, I have a C rather than allergy med, and each and every time it Functions. Still blows my mind. Furthermore, I thought becoming postmenopausal was the cause for developing some receding gum issues and plaque between tooth. I am OCD about caring for my teeth, so these changes were frustrating, to state the least. No wonder big pharma attempts to demonize vitamin therapy. Since taking C, they possess VANISHED. My sister in addition has started on high doses of Supplement C and other health supplements suggested in this book and no longer requires two prescription discomfort medications she has been on for a long time and falls asleep now during the night by eating a small number of cashews (another suggestion in the book). Vitamin C is certainly cheaper than that regimen was. Get this book This book is a treasure trove of healing strategy. Saul's composing, he's a clear, smart, and interesting communicator who documents everything with multiple examples of published medical study. Nay" will be shown with your feedback Great

info I like Dr. This book has changed my life but more importantly, it has changed the lives of some of the people I really like the most aswell. Saul's. This by considerably is the best and the very best! I recommend this publication for daily protocols from anything from a chilly to cancer! Not only did the vitamin C help me to swiftly and immediately overcome that six-week virus, but my skin that was already clear is now flawlessly - almost eerily so - clear. It had been crazy bad, and no end in view. I followed the supplement C protocol for killing a virus's effects, and it IMMEDIATELY WORKED. You will enjoy healing yourself!. I experienced some old ascorbic acid in my kitchen and I combined some up with baking soda and drinking water and began acquiring it. When you have any dooubts in what your doctor is letting you know or just want to be healthy and happy, this is the book for you personally! Already recommended to many friends! Normally I do not write testimonials so my writing to let you know this will save you and your families health with just pennies for this purchase! The information in this book has saved my entire life. Saul's personable strategy in this book.! Just be kind to yourself and get this book. Today the flu is fully gone, my stomach is fine and all I've is definitely a scratchy throat.! That is excellent. I started getting the flu yesterday. I acquired an awful headache and felt actually sick. I then implemented Dr. Saul's acvice and began taking Vitamin C until my abdomen was getting a little upset (that is called bowel tolerance).. Oh, boy! This does work. I have been experiencing these oral health changes for about a season before C therapy. I simply proved to myself that IT WORKS. Best investment EVER! .. Currently see a difference in my own seasonal allergies with an increase of vitamin c protocol n no OTC or prescription allergy meds. This book offers you a different perspective on health problems This book may save your valuable life! I used to have migraines at all times. The info in this reserve taught me how to get rid of them. It really is jam-packed with information on all types of health problems and how to proceed for them, through the use of natural means instead of using pharmaceuticals that tend to only cause more complications.The name "Dr. I am right now also following his other suggestions, both dietary (near vegetarian and juicing) and daily vitamins.! Its valuable info that should be more accessible to the people Valuable info! The info in this book has saved my entire life. Easy reference guideline aswell if not thinking about all illnesses. Dissapointed I hoped I'd learn something helpful but didn't.I am stunned by the amount of friends I've that carry around a pill container and take any number of prescription drugs for every kind of ailment on the planet and then warn me on the subject of taking an excessive amount of Vitamin C 'because it isn't good for you'. WOW HE KNOWS HIS STUFF, DOESN'T MISS A BEAT! Great publication and extremely informative in lots of complicated conditions. The Natural Way This book supports my belief there are remedies within nature to many of our health and wellness issues. For the style of Dr. A great resource.



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