

Safe and Effective Natural Therapies  
for More than 80 Health Conditions

# FIRE YOUR DOCTOR!

How to Be Independently Healthy

Good health books 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 Hoffer, M.D., author of *Putting It All Together:  
The New Orthomolecular Nutrition*

Andrew W. Saul, Ph.D.

Andrew Saul

## Fire Your Doctor! How to Be Independently Healthy



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The focus of the book is how we can get better using practical, secure and efficient natural therapies. How to improve one's health through changes to diet and lifestyle; Practical tips on juicing and developing a vegetable garden; The effective usage of nutritional supplements and natural diet plan saves money, pain and lives. This title provides info on: Nutritional therapy for a lot more than 80 health conditions; The latest scientifically validated supplement suggestions.



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Excellent Health Information from Andrew Saul PhD. I can trust Andrew Saul to give factual and helpful advice for the best health possible and in "Fire YOUR PHYSICIAN," he does that and more. The author is delightful and although some of the information is outdated, the publication provides sufficient information to be looked at "required reading". Also, many thanks Amazon Prime for the quick delivery. It offers so much information regarding how to take care of one's self and become healthy. One of my favorite health care books I simply bought this book and almost done with it, and I absolutely love the assistance Dr. Saul must give us. I love it when he estimates all other authorities from both sides: M.D. that prescribe pharmaceutical medication and N.D. Great reference book When you merely get tired of conventional prescription drugs and all the unwanted effects, there are some other alternatives you can try to improve your wellbeing. The leans heavily toward orally ingested remedies seemingly without acknowledging the efficacy of others suitable treatments, I really believe people want this to be adjusted. Everyone of us needs to consider charge of your own health treatment and we need to educate our kids from a age to accomplish the same with their health care. When your doctor just does not have time to sit down and talk as well as consider another treatment plan, it's time to take issues into your personal hands (provided that it isn't something that only a medical expert must handle). I've also read the book "The Gerson Therapy" with Charlotte Gerson (daughter of Max Gerson) and it had been a great book to obtain a different perspective to medical care strategy. Although I really believe in the majority of their nutrition-based-healing, I still believe that therapy is normally for only suited for the extremely cancer ill or terminal ill-related conditions. Before we started eating well-nutritional diet programs plus high dosages of Supplement C and all the others, she was identified as having a gall bladder inflammatory conditioned that haunted her each day. It's a true fact that diet works! "Fire YOUR PHYSICIAN" tells us in straightforward language and humorous prose how to be supremely healthy individuals with only extremely limited need for outside medical intervention. Shortly after that her abdominal pain vanished without a trace.. I was mad at the last go to and I told my wife; there has to be an alternative to cure you. Component Two of the book is titled "Natural Healing Protocols for All-Too-Common Health Problems". In the afternoon, she ate organic legumes and fish. The Gastroenterologist did three different CT scan, X-ray and surgical test in an attempt to find out what was going on with her gall bladder, but didn't pin point the reason. Until today, I still get right up in the morning at 5:45am before she heads out to work to make her delicious smoothie and she's full of energy because of it. She feels as though a million bucks and she tells me every week how many people contact out to function because they're unwell with the flu. She will come home from use excruciating pain; Very Good . I kept asking him what was the issue and he couldn't tell me why.. It's the biggest "ah-ha" minute of your life. It generally does not receive 5 stars as it does not really have just as much as it might in scientific research. Ideas for further editions:> His insight on such rich info is astonishing, and actually opens your eye to what's occurring in medical care industry.> I'd like to see even more on what is often unfortunately dismissed as cosmetic medical issues, in regard to skin and locks,> Expanding neurological issues, many are greatly suffering from diet, particularly with extra fat and electrolyte consumption. "Fire Your Doctor" has the added benefit of being easy to follow and also an extremely pleasant read. Excellent and Informative Easy and helpful reading with plenty of information and great writing style. Recommend the purchase of the book. Five Stars Love this book utilize it all the period to find real answers Oh how I love this book Oh how I really like this book! Well crafted and also witty. Great expenditure in my health. Great read Very informative information right here. People honestly have to take their health into their own hands and stop feeding money into the drug

industry. All cures are at your fingertips! I've photocopied and given away many chapters. I've added it to my library of wellness "go to" books. Once you enter the globe of natural/holistic healing you never go back.but could possibly be better (includes Ideas for author) Loads of good info written within an short story format. quotes. Our next generation needs to understand how to be healthy young, and instruct them to trust their body's natural ways of healing. This is a actual treat and relatively empowering to be able to find various wellness suggestions from a credible source. I'll keep the book for a long time and simply thumb through it when I have a medical problem or a family member has one. We Must LEAD TO Our Own Health We have been a nation over reliant on physicians. We have been over prescribed with indicator covering medications that never actually heal the real illness. Medical doctors have to have their pedestals shaken a little bit. The simplest way to accomplish this is to take the problem of OUR VERY OWN health into OUR OWN hands. Yes, that is feasible. it broke my center every time I saw her curled up in a fetus position in bed. We changed our method of eating and provided her a fruit smoothie packed with important organic superfruits and 5 grams of vitamin C on a clear belly. This section gives recommendations and remedies for numerous ailments that commonly plague us. You merely need to research and take the time to learn! I've also personally tried a few of the remedies with great achievement.This book is well worth your time. Becoming healthful and maintaining that a healthy body isn't as difficult as you may think. Your health is everything.Could possibly be better but all in all a very good book worth the amount of money. This book ought to be in everybody's library There is a lot of useful information, presented in a very clear and understandable manner. I firmly consent that everything you put into the body can heal you. Very helpful! Very useful and informative Four Stars good knowledge of how to proceed Five Stars Rate 5 stars +++++ Five Stars Love it! Great investment in my own health Plenty of common sense alternatives to feeding your doctors bank account here. It was within my home in one day, when I was expecting 2 days. I, like many usually do not like to go to the Doctor regularly therefore i take very good care of myself and this books has helped very much. Thank YOU.



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