



# ORTHOMOLECULAR MEDICINE FOR EVERYONE

*Megavitamin Therapeutics  
for Families and Physicians*

- The basics of orthomolecular medicine explained
  - 5 simple rules for healthy eating
  - How to take vitamins, minerals, and other nutrients in optimum doses
- ▶ Megavitamin therapy for arthritis, cancer, behavioral problems, and many other conditions

**Abram Hoffer, MD, PhD,  
and Andrew W. Saul, PhD**

*Abram Hoffer*

## **Orthomolecular Medicine for Everyone: Megavitamin Therapeutics for Families and Physicians**



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It uses nutrition and normal (“ortho”) constituents of your body in optimum amounts as the main treatments. Vitamin supplements, minerals, and other nutrients are explored at length, including details on the clinical analysis along with safe supplement doses. Lately, interest in nutritional medicine, and how to use it properly, has increased enormously, and several people are already taking supplemental vitamins in bigger than standard dietary dosages. Whether you are exploring orthomolecular medicine for the very first time or you certainly are a practitioner attempting to deepen your understanding, this reserve can enlighten and inform you. This book written by two leading experts with over 80 years of experience between them, clarifies the basics of orthomolecular nutrition: basic guidelines for eating a wholesome diet and effective nutritional supplementation. Orthomolecular medication believes that the basis for health is great nutrition. As you’ll see, orthomolecular medication has been used to take care of a wide variety of conditions, including coronary disease, gastrointestinal disorders, arthritis, psychoses and behavioral complications, autoimmune diseases, and also cancer. Decades useful demonstrates that high-dose vitamin therapy functions. What you would discover is that nutritional treatment is effective, free of unwanted effects, and inexpensive. Once you get over the previous assumption that anything cheap and safe cannot feasible succeed, health awaits you.



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Use Vitamins for Recovery! I saw an article upon this publication describing how Niacin might help arthritis, and decided to purchase this publication. My husband has a kind of arthritis that nobody has yet been able to give a specific diagnosis for. Outa sight ! I am a nurse, and never really put much share in using vitamin supplements, as I thought that eating a balanced diet was enough. ...my applying for grants vitamins have totally changed. I read the book out loud to my hubby while traveling to Ohio one weekend. We were both fascinated at the statements made in the book on what vitamins can heal and restore ill bodies. When we reached our destination in Ohio, my sister was sick during intercourse with a bad virus. Choose the book, and explore the possibilities of natural curing. She got out of bed lengthy enough to tell us hi. THEREFORE I thought....let's try this stuff out and observe if it works. We are both feeling more motivated, energized, and all around better since starting the vitamin regimen. Supplement E remains in the cells for months..my 1st patient!! thorough publication for those thinking about using vitamins for better wellness. That body is usually all that you really personal. I gave it 4-stars due to the insufficient specifics... From speculation comes critical thought derived from real trials and experiments. Browse the book, it really is exceptionally helpful for expanding your brain of YOU! Allopathic medicine if you ask me is extreme medication, that should be used for severe sickness. His arthritis pain has improved significantly, it isn't 100% gone. Now in the evenings he is out in the backyard working, trimming bushes, performing woodworking etc.. My husband used to log off work, then fall asleep in a seat and complain of his throat pain which limited his ability to do many things.... this should be needed reading! I am a believer in vitamins now! Some nutrients simply get beaten up of one's body if the body no longer need them. As a nurse it really makes me question.....why aren't nurses and doctors learning these things in our training? Saved my skin The movie Food Issues was what got me thinking about this field. I started taking niacin for melancholy and allergy symptoms, but was suffering from weird hives consequently. Nice resource An excellent medical source but wish there have been more medical conditions included in the publication. the hives are unscrambling).com. And it also made the very best case for removing all refined sugare type my diet. That, however, is a work happening.. We visited the store and bought the Vitamin C 1000 mg and I instructed her to have a dosage every hour until bedtime, then start tomorrow with the same process, with every hour x 10 hrs with plenty of liquid. Another doctor includes a video where he cured his personal pneumonia in 3 hours using mega dosages of C and in those days I was decreasing quickly with strep throat. In addition, it keeps me from getting ill because of the large doses of Vitamin C! Easy and effective protocol Hoffer's protocol is really easy and effective. I attempted his idea and the strep vanished later in the day. Same thing for my boy. We are also huge fans of affordable Colloidal Silver from www. Allopathic Medicine extremely seldomly accepts or agrees to any type of alternate cures. And since I suffer from asthma and reside in a very comtaminated city, this gave me even more advice on vitamin supplements I need to add to my diet. good overview in the role of nutrition in sickness and disease This is an excellent starting point for anybody interested in using nutrients to control health issues and disease. It's focus is noiseless general if you have a particular health concern, you will want to supplement this book with one on what you're dealing with. If you are beginning to get sick, start looking for a remedy in the Holistic field of substitute medicine prior to the sickness gets beyond control. Fortunately, there are books on those topics that you could buy to complete the gaps. When that occurs, just decrease the dosage slowly down to nothing. Orthomolecular Medicine for everyone. This is a highly enlightment book, well researched, however, not necessarily specific on dosage and duration of time to inject the Megavitamin therapies. I really believe that the experts/writers left area for speculation on what much you should take, and for how long regarding to your particular ailment or distress. Making for some safe considering and or commitments. After all, if they had been more particular orientated relating to dosage, the Medical establishment would crucify them if somebody gets sicker or dies from their recommendations. Overall, the publication is a winner.. Some Medical Doctors look down upon this type of thinking. That's ok, I've my own mind to appearance and judge for myself. my first patient was a success

tale! Which can at some time become a standard to live by. She appeared terrible, had an extremely sore throat, fever, and start of head congestion. I have undertaken some of the recommendations and must state, I really believe that the megadosage functions. But proceed with caution, since mega dosages can at some point become toxic. The one thing I really do appreciate is that they talk about just how much of various nutrients your body needs, and the side-effects to look for, if any..! Read and learn. After all you will be the Master of that body. YOU MUST be in contact with your own mind and body. The improvement continued the very next day and the whole family was astonished at the results. Yet another thought. Orthomolecular Medication is researched and compiled by MDs and PhDs. Making for a good mix. Each individual scanning this book will be able to make up their very own minds about the dosage and duration of same. Abram Hoffer have excellent information on how best to use nutrition to avoid Still reading it, yet I will say that Andrew Saul PhD. That is great. CSHstore. It's about the money. Previously 2 short weeks we have been on them, we have been noticing many improvements. The authors bare mention magnesium, calcium, proteins, digestive enzymes and so on which explains why I couldn't give them 5 stars. Don't hesitate concerning this. After viewing the dramatic ramifications of Supplement C for my sister, both my husband and I started the vitamin program for arthritis and cardiovascular health outlined in the book. The Doctor is already within you. This book will assist you to wake him/her up. Nuff' said. Doctor Love's Space Happy Customer Exactly as described and arrived on time. Very helpful Very helpful and informative! Everyone should have this understanding, period! but he's feeling better all the time. He has had the joint pain for approximately 30 years in fact it is obtaining progressively worse..!!!!-as well bad for that fantastic stupendous miraculous Five Stars Everybody should read this book and modification their wellness around. After reading this book... After 3 dosages, she was up travelling, fever gone and stated she felt much improved. Very thorough book for all those thinking about using vitamins for better health. Mine will. and Dr. Abram Hoffer have got excellent advice on how to use nutrition to prevent, relieve symptoms, and/or cure of all chronic and acute illnesses without drugs. Highly recommend this book for all those seeking prevention, comfort, and possible treatment of most illness. After scanning this publication, I realized I needed to add megadoses of vitamin c to help wipe out the histamines which were bubbling up to my skin (in fact it is working!



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