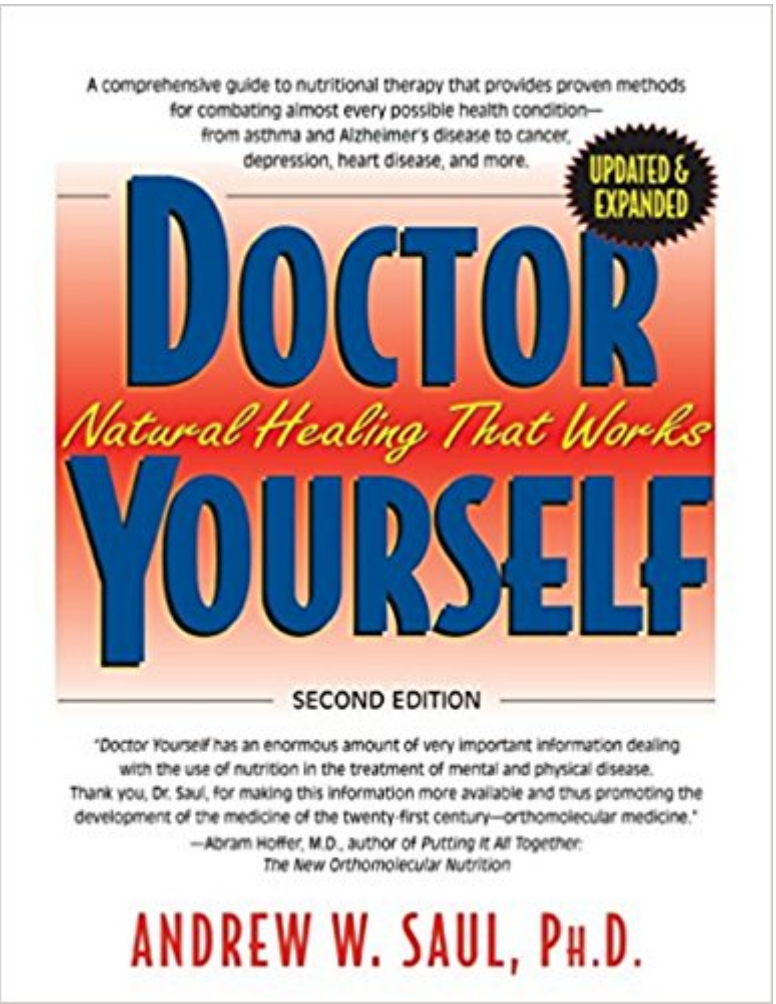
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Doctor Yourself: Natural Healing That Works



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Synopsis

Don’t bother looking in the history books for what has killed the most Americans. Look instead at our dinner tables. We eat too much of the wrong foods and not enough of the right foods. Scientific research continually indicates nationwide vitamin and mineral deficiencies in our country, and we spend nearly three trillion dollars each year on disease care. Is it any surprise that doctors consistently place among the highest incomes? Andrew Saul has seen enough of this situation, and in Doctor Yourself, he gives you the power you need to change it. Citing abundant scientific evidence as well as case studies from his decades of practice, Dr. Saul explodes the myth that an army of medical specialists and pharmaceutical drugs is necessary to maintain health. The human body evolved to live well and fight off disease on a supply of only a couple of dozen essential nutrients. Unfortunately, modern diets provide catastrophically inadequate levels of those nutrients. Using the guidelines set out in Doctor Yourself, you can not only prevent disease from getting a foothold in the first place, but also cure yourself of illnesses already in progress without resorting to drugs and surgery. One of the most popular guides to nutritional therapy ever published, Doctor Yourself is now updated and expanded with the latest research and additional topics, providing proven methods for combating an even wider variety of health conditions. Whether he is delivering commonsense tips on subjects such as weight loss and longevity or praising the healthy glow of a carotene tan, Dr. Saul takes the starch out of healthcare and makes taking charge of your family’s health a fun and valuable experience.

Book Information

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Customer Reviews

"Andrew Saul is the leader in showing us that supplements are essentially harmless, causing no deaths at all."Ã Â (Dr. Joseph Mercola)"What a superb book Doctor Yourself is for both the health professions and anyone interested in maintaining a better level of health. I applaud the work, especially its forthright manner of presentation. It should be of enormous value to a vast number of people." (Hugh D. Riordan, M.D.) "Doctor Yourself provides details on natural options that are supported by both research studies and clinical experience. Andrew Saul's lively, often irreverent writing style and keen sense of humor sets the book apart." (Feingold Association of the United States) "I had been a practicing pediatric gastroenterologist for 25 years.
AfterÃ Â readingÃ Â Doctor Yourself by Dr. Andrew Saul, I have become a very angry man. I've just realized that for 25 years I hadÃ Â been makingÃ Â my patients sick andÃ Â big pharma rich. I only wish that all my critically ill patients had read Dr. Saul's book and fired their doctor. Copies of the book will be in the waiting room for all to read. In the names of all those I didn't help before, I hope this time to make a difference." (Edward Cichowicz, M.D.)"Provocative and exciting. DOCTOR YOURSELF: Natural Healing that Works is nutritional medicine in action, and as such deserves a prominent place in the library of anyone serious about self health care." (Vitality magazine) "Read Linus Pauling for a detailed explanation of how and why the chemistry works; read Andrew Saul for a lighter and more anecdotal approach, well-supported by research, that integrates the whole diet with megavitamin therapy." (UnconventionalWoman.com)"Up to date, well put, easy to follow, and if followed, will help readers enhance their degree of health and decrease the possibility of developing serious disease." (Abram Hoffer, M.D., PhD.) "Expertly written. Doctor Yourself is a very helpful guidebook which is filled from cover to cover with gems of information that aren't usually discussed in most other nutrition books." (Midwest Book Review)

Author's note to readers:Ã Â Doctor Yourself, 2nd Edition, is now entirely reformatted for easy use with Kindle.

This book has changed my life but more importantly, it has changed the lives of some of the people I love the most as well. The secret ingredient is Vitamin C and plenty of it. I can only say get this book and read it and practice what it preaches. I was recently diagnosed with an infection in my lower intestine, and prescribed two heavy duty antibiotics, which made me severely ill. I was told by the clinic I went to that if I didn't stay the course and continue taking the prescribed antibiotics that I would die. I was so sick from only two doses of the antibiotics (with twenty eight more doses to go)

that I made the decision to stop. I had some old ascorbic acid in my kitchen and I mixed some up with baking soda and water and began taking it. Within three days I was as good as new. While researching Vitamin C on the net I found this book, ordered it, read it, and told others my story. My sister has also started on high doses of Vitamin C and other supplements recommended in this book and no longer takes two prescription pain medications she has been on for years and falls asleep now at night by eating a handful of cashews (another recommendation in the book). I can go on and on. Just do yourself a favor and get this book. You will save yourself tons of money over the years in doctor visits and prescription drug costs plus taking high doses of Vitamin C will improve your health now and could very much lesson your chance of getting any number of debilitating diseases including cancer in the future. One final thought....I am stunned by the number of friends I have that carry around a pill box and take any number of prescription drugs for every kind of ailment on the planet and then warn me about taking too much Vitamin C 'because it's not good for you'. Have you ever read all the 'side effect' warnings on those prescription drug packages? All I can say is that the big pharmaceutical companies have done their job well with profits in the billions of dollars fueled by a compliant, ignorant public and most doctors today prescribing drugs at a record rate. After all there is no money to be made off of natural remedies like Vitamin C and a public who takes ownership of it's health. 'Doctor Yourself' says it all.

The new 2nd edition of DOCTOR YOURSELF is great. This new, revised, expanded edition is both new and revised. In fact, the 2nd edition has over 160 pages of new material. If you like Dr. Saul's off-the-wall but incredibly well-referenced way of writing, this is one of the best books to choose. Precious few health books are fun to read; Doctor Yourself really is. The author throws in generous amounts of humor to keep your attention in every chapter. But the real substance of the book is its clinically-based content. If you want to learn safe and effective natural ways of improving your health without drugs and surgery, this book will flat-out show you how.If you have read the first (2003) edition already, you are going to see a lot of new topics in the 2nd edition. The list now includes ADHD and learning disabilities, allergies, Alzheimer's disease, arthritis, asthma, backache, dermatitis, diabetes, epilepsy, fertility, fibromyalgia, hepatitis and cirrhosis, immune dysfunction, children's health, MÃƒÂ©niÃƒÂ¨re's syndrome and tinnitus, menopause, multiple sclerosis, Parkinson's disease, PMS/PMDD, pregnancy and lactation, psoriasis, schizophrenia and psychosis, sleep disorders, vaccinations, vitamin safety, intravenous vitamin C, vitamin therapy and the law, radiation sickness, multiple chemical sensitivity, weight loss, and even varicose veins. And that's only a partial list; there's a lot more.The scientific substantiation of Saul's information is better than

ever, too, with contributions to the text from a number of orthomolecular physicians. I find it interesting that doctors are supporting, and contributing to, a book called Doctor Yourself. This just strengthens the case for nutritional therapy. The best part is, you can do it yourself and this book guides you every step of the way. Doctor Yourself 2nd edition is a huge book, and well worth the money. I have the first edition, and I have to say, the 2nd edition is even better.

Great book with source information you never think of. I do believe that our soil is being stripped of its vital nutrients that we used to get from it. Over farming practices has left a void in our nutritional supply. It is important that you supplement what your body needs to help prevent or cure most ailments that we shouldn't have had in the first place.If you have any ailments you should definitely invest in this knowledge. The small price may change your life. I have altered my supplement list and it will only take time to see the results.

This was not useful for me but it is well-written I got the impression that he was a physician but he has Ph.D after his name " so he must be a nutritionist? He talks to the reader as if he is your personal physician who has a really good bed-side manner with a really good sense of humor. A lot of interesting and (I thought) worth-while information. He gives a lot of historical data about vitamins and minerals and recommends a lot of "juicing".

This book is so fun to read. Dr. Saul has a great sense of humor and is a well-spring of information. I use this book as a reference several times a week and I have learned how to take better care of myself and my family. It contains very practical information and provides many sources for further research on dozens of subjects and ailments. His website is wonderful too! Buy the book, you will refer to it often.

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