

Doctor Yourself: Natural Healing That Works

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Reviews

It in a single of my favorite publication. It really is rally interesting throgh studying period. Your life period will probably be transform once you total looking at this book. (Janie Schultz I)

DOCTOR YOURSELF: NATURAL HEALING THAT WORKS



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Basic Health Publications. Paperback. Book Condition: New. Paperback. 420 pages. Dimensions: 10.7in. x 8.3in. x 1.1in.Dont 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 familys health a fun and valuable experience. This item ships from multiple locations. Your book may...

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