



Doctor Yourself: Natural Healing That Works

By Andrew W Saul PH.D.

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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.

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Editorial Review

Review

"Andrew Saul is the leader in showing us that supplements are essentially harmless, causing no deaths at all." (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. After reading *Doctor Yourself* by Dr. Andrew Saul, I have become a very angry man. I've just realized that for 25 years I had been making my patients sick and 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)

From the Author

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

About the Author

Andrew W. Saul, M.S., Ph.D., is editor-in-chief of the Orthomolecular Medicine NewsService and is on the editorial board of the Journal of Orthomolecular Medicine. Has published more than 180 peer-reviewed articles and has written or coauthored 12 books.

Users Review

From reader reviews:

Linda Hupp:

Have you spare time for any day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a move, shopping, or went to the Mall. How about open or read a book eligible Doctor Yourself: Natural Healing That Works? Maybe it is for being best activity for you. You understand beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with the opinion or you have other opinion?

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Lois Huseby:

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