



Doctor Yourself: Natural Healing That Works

Andrew Saul

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This thought-provoking, comprehensive guide to nutritional therapy provides proven methods for combating almost every possible health condition - from asthma and Alzheimer's disease to cancer, depression, allergies and heart disease - all presented in Dr Saul's direct style. Arranged in two sections, the first deals with the conditions in an A-Z style, whilst the second deals with more general areas like stress reduction and evading exercise. It also contains: guidelines for diet and vitamin megadosing to prevent common ailments such as asthma, heart disease and alcoholism; and case studies such as the person who was allergic to bee stings. When stung he megadosed on Vitamin C and showed no signs of any symptoms.

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