

A comprehensive guide to nutritional therapy that provides proven methods
for combating almost every possible health condition—
from asthma and Alzheimer's disease to cancer,
depression, heart disease, and more.

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EXPANDED**

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Natural Healing That Works

YOURSELF

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Thank you, Dr. Saul, for making this information more available and thus promoting the
development of the medicine of the twenty-first century—orthomolecular medicine."
—Abram Hoffer, M.D., author of *Putting It All Together: The New Orthomolecular Nutrition*

ANDREW SAUL, PH.D.

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Charles Kingsley



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