

# ORTHOMOLECULAR MEDICINE FOR EVERYONE

*Megavitamin Therapeutics  
for Families and Physicians*

- The basics of orthomolecular medicine explained
  - 5 simple rules for healthy eating
  - How to take vitamins, minerals, and other nutrients in optimum doses
- Megavitamin therapy for arthritis, cancer, behavioral problems, and many other conditions

**Abram Hoffer, MD, PhD,  
and Andrew W. Saul, PhD**

# Orthomolecular Medicine For Everyone Orthomolecular Medicine For Everyone

**Hoffer**

## **Orthomolecular Medicine For Everyone Orthomolecular Medicine For Everyone:**

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*Orthomolecular Medicine for Everyone* Hoffer, 2009-05-06 Recently interest in nutritional medicine and how to use it properly has increased enormously and many people are already taking supplemental vitamins in larger than standard dietary doses. Orthomolecular medicine believes that the basis for health is good nutrition. It uses nutrients and normal ortho constituents of the body in optimum amounts as the main treatment.

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*All about Drugs and Doctors* Prevention Magazine, Prevention Magazine Editors, 1987 *Orthomolecular Nutrition for Everyone* Helen Saul Case, 2017-03-14 Orthomolecular nutrition prevents and cures disease. This fact has been ignored by our current health care system, the media, and the medical literature. Why doesn't your doctor use nutritional therapy? Is it for lack of safety? Because it's not effective? Because it's expensive? It happens to be none of these. Despite what you have been told, nutritional medicine is safe and effective. It is remarkably inexpensive, especially when compared to the incredibly high cost of modern medicine. The evidence from nearly 80 years of research by orthomolecular physicians proves it: nutritional therapy works. Most vitamin research you hear about focuses on low and therefore inadequate doses of vitamins. Low doses do not get clinical results. High dose vitamin therapy does it has for decades. But which vitamins should we take? How much? Is taking all those vitamins safe? This book addresses common questions about supplementation, including dosing, safety, and just what all those extra vitamins do for you. It also covers what to eat and why the real story about exercise and good health why we

shouldn't fear germs and how each and every vitamin can get you better now and keep you well in the future

Detoxification and Healing Sidney MacDonald Baker,2003-09-11 Detoxification promotes wellness by ridding the body of poisons that can lead to a host of health problems ranging from fatigue and depression to cancer and diabetes This revised edition of the popular nutrition based health guide presents new advice and up to date information on detoxification and healing In clear language the author explains body chemistry how detoxification works and why it is so important He discusses new medications vitamin and mineral supplements delayed food allergies the dangers of mercury and aluminum poisoning and much more

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