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serious about self health care." (Vitality magazine)

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Doctor Yourself: Natural Healing

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That Works by Andrew W. Saul

Doctoring yourself begins at the table, and Andrew Saul tells you how to eat to stay healthy. If you do develop a health problem, you may be able to treat yourself, and Dr. Saul helps you with that also. This book is written in a very entertaining style, which has helped Dr. Saul to become one of the most

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Paperback - Large Print, December 28, 2012 by Andrew Saul (Author) 4.6 out of

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The DOCTOR YOURSELF book

Using the guidelines and protocols for diet and vitamin megadosing laid out in Doctor Yourself, you can not only prevent disease from getting a foothold in the first place, but also literally cure...

**Doctor Yourself: Natural Healing
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Natural healing is not about avoiding doctors. It is about not needing to go to doctors. A dentist is not upset if you are cavity-free. A doctor should not be upset if you are healthy. The idea is to be well. The first step is wanting to be. The old Chinese saying is "When you are sick of sickness, you are no longer sick."

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**DoctorYourself.com: Andrew Saul's
Natural Health Website**

Hygiene may be defined as being the science and art of preserving and restoring health by those substances, agencies, and influences that have a normal relation to life, which are: pure food, pure water, sunlight, rest, sleep, relaxation, exercise, play, warmth,

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family relationship, and all mental influences.

DoctorYourself.com - Natural Hygiene

Other entirely natural, simple skin aids are olive oil and cocoa butter. Both are just vegetable oils, although cocoa butter is not liquid in its natural form. It

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is more like a wax candle, like a stick. "Cocoa butter lotion" or "cream with natural cocoa butter" is not 100% cocoa butter.

DoctorYourself.com - Skin Care the Natural Way

Expertly written by biologist and naturopathic teacher Andrew Saul (who

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has served as a consulting specialist in natural healing for more than twenty-five years), Doctor Yourself: Natural Healing That Works is a straightforward and "non-specialist reader friendly" guide to organizing one's diet to promote health and nutrition.

Doctor Yourself: Natural Healing

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That... book by Andrew W ...

While it has been my experience that most people like an "organized by illness" format, a fundamental natural-healing premise is "treat the person, not the disease." This means that there is a lot of topic overlap in Doctor Yourself, and that information applicable to one illness may be extended to another.

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Doctor Yourself: Natural Healing That Works : Vitamin C ...

Menopause has been medicalized into a disease. It is not. Just as menarche (the start of menstruation) is a natural process, so is its cessation also a natural process. The symptoms we associate with menopause still need to be

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addressed, of course, but perhaps from a slightly different angle.

DoctorYourself.com

Doctor Yourself : Natural Healing That Works (EasyRead Large Edition) by Andrew Saul Ph. D. Overview -. This book is about diseases treatable with vitamins. It is also about any number of

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other ways in which you can, as I say,
"fire your doctor."

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You will save yourself tons of money over the years in doctor visits and prescription drug costs plus taking high doses of Vitamin C will improve your health now and could very much lesson your chance of getting any number of debilitating diseases including cancer in

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