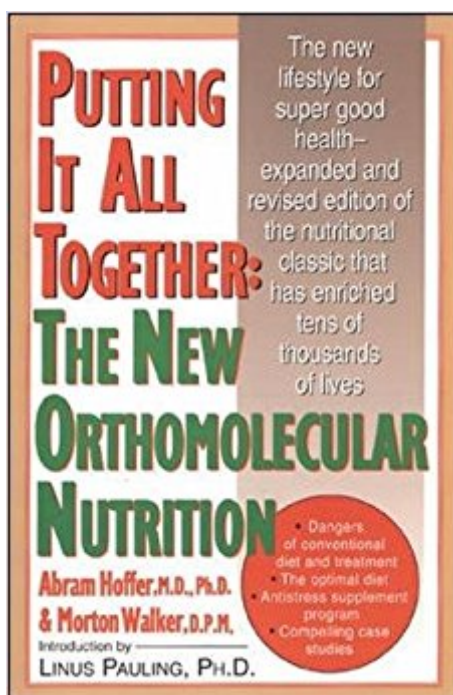


The book was found

Putting It All Together: The New Orthomolecular Nutrition



Synopsis

The orthomolecular concept is a simple one, using optimal nutrition to combat, heal and prevent physical and mental illness. Orthomolecular nutrition is based on diets and food supplements of essential vitamins and minerals specifically selected to solve individual problems and needs. Its overall aim is promoting optimal health and longevity for everyone. In this expanded, updated and revised edition, the author discusses orthomolecular medicine and treatment with case histories. It explains the functions of major nutrients, summarizes new research and lays out a comprehensive anti-stress supplement program - to show the way to a longer, healthier life.

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Customer Reviews

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Especially during the last 5 years, I here in Thailand, have been fighting with doctors in respect to the newest knowing concerning cancer and cholesterol. As the doctors for example argued that my wife would be dying by cholesterol, and opposite to this, she according to the Harvard, only were having 1 % chance of during 10 years. And caused by this fighting I thereby have been reading many doctor and health books. To me it has been a highly interesting book to read, especially concerning the actual patients cases which were are getting. As for example the case which start on the side 48, where we read about how Hoffer succeed in saving the life of a patient, who then only

was weighting 75 pound, as he actual could not consume foot. And from whom the other doctors had removed half of his stomach, believing that the reason for not getting in food was caused by suffering from gastric cancer. When the surgery showed up to be a mistake, then Hoffer was called, and where Hoffer, after having concluded that the case for not taking in energy by food, was caused by hypoglycemia (low blood sugar), and therefore ordered which mixed food, and vitamins, to give the patient. And the patient was cured! And we learn about how most doctors mistakenly were (are) thinking that sugar is the straight out way in giving energy to their patients. And as one of the other, again to me, rather seldom cases to read about, we on the side 189 learn about a case concerning a 17 years old teenager, who from the day he was born had been living with problems. And when he with his mother came to Hoffer, he mostly was looking as only being 10 years of age, among other by missing height. Born with the suffering of epidermolysis bullosa (the chance of which being 1/50,000), causing skin problem as blisters, and much more. And until then also deforming fingers and toes, and besides each day, with his mother having to remove his stools manually! And after Hoffer ordered vitamins and mineral, the patient one week later, for the first time in his life, could manage a normal toilet visit, and beside was starting growing. And where Hoffer then concluded that if this boy's original doctor had had a better education concerning vitamins and minerals, then the teenager would have had a quit normal life; as the only problem, in this case, was that he was missing the zinc vitamin! And starting on the side 181 we also are learning about a patient being typical schizophrenic and who is coursing Hoffer more problem than normal, and where it then shows up that she nearly is allergic to everything that she eats. But, as Hoffer also state on another side in the book, there even exist person who can get problem by only taking 45 mg C vitamin, opposite to some person that can take 40 grams each day (actually even some who can take 200 grams). As the book is reprinted in 1996, and as I owe 350 of equal books, mostly new doctor and health books, I was expecting that this book would not be in much help to me, when it come to the writings on the many sides concerning the vitamins and minerals, but I must grant that also on these sides there were much interesting readings. The only thing which, to me, is missing, when it comes to the vitamins, is the stating of which actual variants was used, or to use, as for example stating vitamin E natural, instead of just vitamin E, and when it come to the vitamin K, then that it actual is the K2, (and furthermore MK-7, the MK-7 having the longest halving time), which is used. But actual reasoned by we first at the same time as the book was printed then started discovering more vitamins K, than only one vitamin K. But opposite to this small statement, the writing, by Hoffer, concerning for example Fat, I must say was in front of the time when it was written, as we always, then 17 years ago, only in the new was learning that all Fat was bad, but where we now in the news

are learning the same as Hoffer then was stating. But all together, to me, it is an extremely interesting book to read, and without doubt continue being so in the future, and I will continue looking after more writings by Hoffer.

This is a book every doctor who wants to cure the patients should read, and every patient to self cure, because we cannot rely on the doctors and current healthcare system, which I call disease maintenance/patients' money extraction system

I really like the clear and concise way the author outlines nutrition and the benefits of nutrients. He spends a bit of time outlining the benefits of B3 which is very helpful. I have recommended this book to my clients many times.

Great information here

While studying to be a Nutritionist, we were advised to read this book. Excellent information, easy-reading, and very beneficial to attaining the knowledge that will help you on your healthy lifestyle journey.

great resource...I own several of his books.....very eye opening and life changing

This should be in every home. Vitamin supplements and nutrition is the answer for great health.

A great Purchase

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