



Doctor Yourself: Natural Healing that Works

Andrew Saul

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This book is about diseases treatable with vitamins. It is also about any number of other ways in which you can, as I say, "fire your doctor." Should you ever want to put someone to sleep, just start lecturing on nutrition with the ever-boring "vitamins A through E and foods that contain them" approach. I guarantee that heads will be nodding long before you finish with the B complex.

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