



Fire Your Doctor! How to Be Independently Healthy

By Andrew Saul

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The focus of this book is how we can get better using practical, effective and safe natural therapies. The effective use of nutritional supplements and natural diet saves money, pain and lives. This title provides information on: Nutritional therapy for more than 80 health conditions; How to improve one's health through changes to diet and lifestyle; Practical tips on juicing and growing a vegetable garden; The latest scientifically validated supplement recommendations.

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Editorial Review

Review

"Andrew Saul's book Fire Your Doctor! explains some of the best known nutrients now being used to improve health. He's a real stickler for providing reliable research based advice." - **Vitality Magazine**

"Study this valuable book, master its contents, and then when you see your doctor you will be able to discuss intelligently how to get well. If you find he or she yawns, shuffles about, looks through files, and become very impatient, then fire your doctor." - **Abram Hoffer, M.D.**

"Excellent book, backed up by numerous references from the medical literature. Considerable value for doctors (and other health care professionals) who have become discontented with what is being advocated by the orthodox authorities." - **Erik T. Paterson, M.D.**

"Saul uses a sharp wit in advocating for vitamins and attacking the medical and pharmaceutical professions." - **Batavia Daily News**

About the Author

Andrew W. Saul, M.S., Ph.D., is editor-in-chief of the Orthomolecular Medicine NewsService and is on the editorial board of the Journal of Orthomolecular Medicine. Has published more than 180 peer-reviewed articles and has written or coauthored 12 books.

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