

[PDF] Doctor Yourself: Natural Healing That Works

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Description:

The human body evolved to live well and fight off disease on a supply of only a dozen or so essential nutrients. Unfortunately, modern meat-laden, high-sugar diets provide catastrophically inadequate levels of those nutrients. Scientific research consistently indicates nationwide vitamin and mineral deficiencies in our country, and we spend over a trillion dollars each year on disease care. Andrew Saul has seen enough of this situation, and in *Doctor Yourself*, he gives you the power you need to change it.

Dr. Saul explodes the myth that an army of medical specialists and pharmaceutical drugs are necessary to maintain our health. Using the protocols laid out in *Doctor Yourself*, you not only can prevent disease from getting a foothold in the first place, you can also cure yourself of illness

already in progress, without resorting to drugs or surgery.

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