Orthomolecular Medicine For Everyone Megavitamin Therapeutics for Families and Physicians

By Abram Hoffer

Paperback. Condition: New. 375 pages. Recently, interest in nutritional medicine and how to use it properly has increased enormously and many people are already taking supplemental vitamins in larger than standard dietary doses. Orthomolecular medicine believes that the basis for health is good nutrition. It relies on nutrients and normal (ortho) constituents of the body, administered in optimum amounts, as the main treatments. Decades of use demonstrates that megavitamin therapy works. This book, written by two leading experts with more than eighty years of experience between them, explains the basics of orthomolecular nutrition: simple rules for eating a healthier diet and effective nutritional supplementation. Vitamins, minerals and other nutrients are explored in detail, including information on the clinical research as well as safe supplement doses. As youll see, orthomolecular medicine has been used to treat a wide variety of conditions, including cardiovascular disease, gastrointestinal disorders, arthritis, psychoses and behavioural problems, autoimmune diseases and even cancer. Whether you are exploring orthomolecular medicine for the first time or you are a practitioner wanting to deepen your knowledge, this book can enlighten and inform you. What you will discover is that nutritional treatment is effective, free of side effects and inexpensive....

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