



Fire Your Doctor! How to Be Independently Healthy

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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