

Irwin Stone

THE HEALING FACTOR - VITAMIN C Against Disease



How to live longer and better

Herausgegeben von der Bürgervereinigung Orthomolekulare Aufklärung Isernhagen

Healing Factor Vitamin C Against Disease

Rudolph Ballentine



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Healing Factor Irwin Stone, 1974 An eminent biochemist discusses the importance of ascorbic acid in the human body and reviews scientific evidence concerning its importance in combatting specific physical and mental disorders Glossary Bibliogs **The Healing Factor, "vitamin C" Against Disease** Irwin Stone, 1982 *The Healing Factor: "vitamin C" Against Disease* Irwin Stone, 1972 Orthomolecular Treatment of Chronic Disease Andrew W. Saul, Ph.D., 2014-06-01 If the word cure intrigues you this book will also High doses of vitamins have been known to cure serious illnesses for nearly 80 years Claus Jungeblut M D prevented and treated polio in the mid 1930s using a vitamin Chest specialist Frederick Klenner M D was curing multiple sclerosis and polio back in the 1940s also using vitamins William Kaufman M D cured arthritis also in the 1940s In the 1950s Drs Wilfrid and Evan Shute were curing various forms of cardiovascular disease with a vitamin At the same time psychiatrist Abram Hoffer was using niacin to cure schizophrenia psychosis and depression In the 1960s Robert Cathcart M D cured influenza pneumonia and hepatitis In the 1970s Hugh D Riordan M D was obtaining cures of cancer with intravenous vitamin C Dr Harold Foster and colleagues arrested and reversed full blown AIDS with nutrient therapy and in just the last few years Atsuo Yanagasawa M D Ph D has shown that vitamin therapy can prevent and reverse sickness caused by exposure to nuclear radiation Since 1968 much of this research has been published in the Journal of Orthomolecular Medicine This book brings forward important material selected from over forty five years of JOM directly to the reader At some 800 pages The Orthomolecular Treatment of Chronic Disease is a very large book but it is also a very practical book If you want to know which illnesses best respond to nutrition therapy and how and why that therapy works this is the book for you Part One presents the principles of orthomolecular medicine and the science behind them Part Two is devoted to orthomolecular pioneers presenting an introduction to maverick doctors and nutrition scientists in a reader friendly way that brings the subject to life Part Three brings together extraordinary clinical and experimental evidence from expert researchers and clinicians The Orthomolecular Treatment of Chronic Disease shows exactly how innovative physicians have gotten outstanding results with high dose nutrient therapy Their work is here for you to see and decide for yourself The Orthomolecular Treatment of Chronic Disease subtitled 65 Experts on Therapeutic and Preventive Nutrition is a complete course in nutritional healing for less than thirty dollars **Orthomolecular Medicine for Everyone** Abram Hoffer, Andrew W. Saul, 2008 The basics of Orthomolecular Medicine explained demonstrating that megavitamin therapy works Presents 5 simple rules for healthy eating how to take vitamins minerals and other nutrients in optimum doses and covers therapy for arthritis cancer behavioral problems autoimmune diseases cardiovascular disease and more Natural Alternatives to Antibiotics - Revised and Updated John McKenna, 2003-05-08 A long awaited book that answers many questions Jan de Vries Antibiotics were developed in the 1940s Then they were hailed as a huge breakthrough in the treatment of bacterial infections Today they are the most commonly prescribed drugs worldwide But massive over prescription of antibiotics has

created its own problems The advent of antibiotic resistant organisms or superbugs has led more and more people to demand alternatives Natural Alternatives to Antibiotics is a revised and updated version of Dr John McKenna s international bestseller Alternatives to Antibiotics First published in 1996 and translated into 16 languages Alternatives to Antibiotics explains in simple jargon free language the variety of alternatives to antibiotics in treating infections Dr McKenna compares conventional medicine and alternative medical approaches highlighting the benefits and drawbacks of both In Natural Alternatives to Antibiotics Dr McKenna looks at the various strains of infections which have become resistant since his international bestseller Alternatives to Antibiotics was published Dr McKenna has expanded his sections on alternative herbal homeopathic and nutritional medicines and shows directly that it is still possible to treat infections without antibiotics while still acknowledging the times that they may be necessary Natural Alternatives to Antibiotics Table of Contents Introduction The History of Antibiotics Bacterial Resistance to Antibiotics The Use and Abuse of Antibiotics Conventional and Alternative Medical Approaches Childhood Infections Herbal Medicine Homeopathic Medicine Nutritional Medicine Nutritional Supplements The Role of Stress Conclusion Diet & Nutrition Rudolph Ballentine,1978 Abstract Designed for the serious student whether he is lay or professional this book attempts to provide a holistic and comprehensive overview of the complex nutrition field Bringing together some of the insights of the East with the scientific research of the West the ecology biochemistry physiology and pharmacology of nutrition are examined in a systematic fashion before proceeding to the relationship between nutrition and the mind The traditional system of medicine in India is called Ayurveda Ayurvedic nutrition is based on the concept that for each food there is an essence or energy state of quality that can be identified and formulated The importance of the mind and the effect of one s mental and emotional habits on nutritional requirements is where the Eastern perspective on medicine and nutrition serves to counterbalance the Western extreme Bringing together diverse data from the Western science of nutrition and the perennial wisdom of Eastern philosophy may permit their integration into one complete vision of man and his diet *Fire Your Doctor! (EasyRead Large Bold Edition)* , *Fire Your Doctor! (Volume 1 of 2) (EasyRead Super Large 18pt Edition)* , *Linus Pauling in His Own Words* Barbara Marinacci,1995-10-30 Two time Nobel Prize winner Linus Pauling was known for his scientific discoveries and of his breadth of knowledge which spanned disciplines The author who knew Pauling well has chosen from among more than 60 years of essays letters articles books speeches and interviews As Pauling himself says in the Introduction This book will take me as close to writing my memoirs or autobiography as I shall ever get **How to Prevent Prostate Problems** Frank Murray,2008-11 Presents the latest recommendations on how to prevent or correctly diagnose problems as well as the pros and cons of various mainstream and alternative medicine treatment options **Vitamins In Human Biology and Medicine (1981)** Michael H Briggs,2017-11-22 It is the purpose of this book to try to offer a modern perspective on the importance of vitamins in human biology and medicine There have been recent revivals of attempts to use vitamins as

therapeutic agents by administering doses many times the recommended allowance This use or megavitamin therapy is reviewed by Dr Reynold Spector with particular emphasis on vitamin entry to the central nervous system Of related interest is the chapter by Dr John Blass discussing central nervous system manifestations of thiamin deficiency and also the contribution by Ms Fiona Cumming and clinical toxicity of vitamin supplementation *The Vitamin Cure for Infant and Toddler Health Problems* Ralph K. Campbell, Andrew W. Saul, 2013-07-01 Most people's diets are woefully inadequate for providing proper nutrition Even good diets fail to deliver sufficient levels of nutrients The Vitamin Cure book series highlights the safe and clinically effective use of vitamin supplements for a variety of illnesses **Fire Your Doctor!** Andrew Saul, 2009-04-10 *Hearings, Reports and Prints of the Senate Select Committee on Nutrition and Human Needs* United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1977 VITAMIN C: the Real Story (Volume 2 of 2) (EasyRead Super Large 24pt Edition), *The Best of Health* Sheldon Zerden, 2004 The Best of Health is a compilation and condensation of the best and most important health and nutrition books of the last 50 years It shows the evolution of views on holistic health practices It presents a balanced view of the natural health phenomenon including diet exercise vitamins and minerals specific diseases and the mind body connection Its format of short synopses acts as a guide to the many books on nutrition available This saves the consumer time and money they read the condensations in The Best of Health and use them to evaluate which approaches they wish to study in more depth **Orthomolecular Nutrition for Everyone** Helen Saul Case, 2017-03-14 Orthomolecular nutrition prevents and cures disease This fact has been ignored by our current health care system the media and the medical literature Why doesn't your doctor use nutritional therapy Is it for lack of safety Because it's not effective Because it's expensive It happens to be none of these Despite what you have been told nutritional medicine is safe and effective It is remarkably inexpensive especially when compared to the incredibly high cost of modern medicine The evidence from nearly 80 years of research by orthomolecular physicians proves it nutritional therapy works Most vitamin research you hear about focuses on low and therefore inadequate doses of vitamins Low doses do not get clinical results High dose vitamin therapy does it has for decades But which vitamins should we take How much Is taking all those vitamins safe This book addresses common questions about supplementation including dosing safety and just what all those extra vitamins do for you It also covers what to eat and why the real story about exercise and good health why we shouldn't fear germs and how each and every vitamin can get you better now and keep you well in the future

Self-Defense Daniel M. Davis, 2025-09-25 A world renowned scientist offers a much needed analysis of what it takes to have good immune health helping readers navigate what can really help what is a complete myth and why Does orange juice help ward off colds And how does our age affect our ability to recover from one When it comes to immunity are we really what we eat Or how much we eat We are surrounded by big questions and big claims about enhancing our immune systems so how do we tell the fiction from the facts And ultimately what can we do to reduce our chances of getting sick World

leading immunologist Daniel M Davis offers answers in this authoritative highly accessible myth busting guide to the effects of stress age exercise weight nutrition sleep vaccines and mental health on our immune health Taking us to the cutting edge of immunology research and explaining both what we know and how we know it Self Defense helps readers spot phony claims and make informed choices Davis shows us that everyone s immune system is entirely unique and that s why we should be wary of one size fits all cures We learn how exercise for example has all sorts of different even opposing short and long term effects on our immune health And while our gut microbes are vitally important it s unlikely that yogurt drinks can really boost your immune system to stop you getting ill An eye opening window into some of the astonishing possibilities for the future when it comes to distinguishing bogus and beneficial health claims about everything from vitamin D to inflammation and cancer therapies Davis s book may be your best self defense Orthomolecular Medicine for Everyone (Easyread Edition) ,

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