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WHAT YOUR DOCTOR DOESN'T KNOW ABOUT NUTRITIONAL MEDICINE MAY BE KILLING YOU

- Turbo-charge your body's natural healing power
- Why your cholesterol level is NOT the key to protecting you from heart disease
- What medical evidence really indicates about the root cause of cancer, diabetes, arthritis, Alzheimer's, fibromyalgia, and many other diseases
- Start your anti aging strategy now and protect yourself against the *dark side of oxygen*

RAY D. STRAND, M.D.

What Your Doctor Doesnt Know About Nutritional Medicine May Be Killing You

Ray D. Strand



What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You:

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You Ray D. Strand, 2013-06-04 When Dr Ray Strand found himself in a losing battle unable to successfully treat his wife who had suffered chronically with pain and fatigue he agreed to try the regimen of nutritional supplements that a neighbor suggested Much to his surprise his wife's condition began to improve almost immediately That amazing turn of events led him to dedicate himself to researching alternative therapies in medicine particularly in the arena of nutritional supplements Dr Strand's illumination of the body's silent enemy oxidative stress will astound you But more importantly his research will equip you to protect or reclaim your nutritional health possibly reversing disease and preventing illness

Better Nutrition, 2003-04 Reaching nearly 1 million readers monthly Better Nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers Widely distributed to thousands of health food stores and grocery chains across the country Better Nutrition provides authoritative well researched information on food nutrition dietary concerns supplements and other natural products

101 Ways to Improve Your Health Lyall Robert Ford, 2007

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The Magic Pill Matt O'Brien, 2011 What if there was a pill to help you live longer feel better look younger and improve almost every aspect of your life with zero bad side effects wouldn't you want to take it The Magic Pill will prove to you that with a little time energy and effort you can have all of these benefits and much much more Unveiling the most current scientific information on aging exercise nutrition and supplementation this first guidebook of its kind provides a comprehensive self help approach to living longer improving your health and finding the happiness that resides within us all Matt O'Brien takes you on an exciting journey filled with motivation education and inspiration Read this book You will take control of your health and your life will never be the same again Praise from Matt O'Brien's Clients I know for certain that I would not have arrived at this fantastic place in my life without Matt O'Brien as my coach motivator and friend Thank you Matt for giving me my health fitness and life back Jill Gear Matt O'Brien's expertise and ability to teach have transformed my attitude towards exercise and nutrition I have a new passion for my health Brandice Lardner

Young for Life Marilyn Diamond, Donald Schnell, 2013-04-02 One hundred and seventy millions Americans are obese Thirty million are skinny fat not outwardly big but inwardly nutrition deficient The

authors of this book both staunch vegans for decades were among the skinny fat After witnessing accelerated aging Marilyn Diamond and Dr Donald Schnell transformed their health through a radical lifestyle overhaul that most people over 40 will find easy and intuitive Young for Life begins with the premise that our bodies are miraculous machines that have the potential for life long vitality sexuality and youthfulness and then shows how to reverse the signs aging through three key life changing practices Whole Food nutrition for vital nutrients that combat genetic aging Convenience exercise 6 second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime anywhere Disease prevention fighting nutrient deficiency with micronutrient supplements **Recipe for a Long, Healthy Life** Adrian Joele,2021-10-07

This book contains information recommendations and guidelines in order to be able to live a healthy lifestyle that is based on good nutrition exercise like aerobics high intensity aerobics and weightlifting The book also describes subjects about many factors that determine good nutrition and overall health and fitness It is the author s desire that many people young and old will benefit from the content of this book *The Exodus Breaking Cycles and Changing Lives* Rev. Patrina M.

Wright,2011-12-21 Each year in the United States an estimated two to six million women are victims of domestic violence Domestic violence is a pattern of assaultive and coercive behaviors including physical sexual financial spiritual and psychological abuse Domestic violence is about control manipulation and domination Ninetyfive percent of assaults on spouses or ex spouses are committed by men against women Too afraid and too shame to speak up there are countless numbers of women sitting in Churches all across America suffering in silence Victims and perpetrators are from all ages racial socioeconomic sexual orientation educational occupational geographic and religious groups If you or someone you know has ever experienced domestic violence you are in need of a personal life changing encounter with a powerful God One who delights in healing wounds and setting the captive free The Exodus is that kind of encounter its about coming face to face with a Holy God as He does those things that you cannot do for yourself **Rainbow Juice Cleanse** Ginger

Southall,2025-05-01 The Rainbow Juice Cleanse is a revolutionary program that employs the nutritious healing properties of a rainbow of vegetables to kick start weight loss and improve overall health While most juicing books include recipes for high sugar fruits Dr Ginger explains that most fruits can actually ruin a detox for people looking to lose weight or for anyone who has diabetes or blood sugar issues Instead Dr Ginger shows readers how to properly shop the rainbow of produce with a plan that entails consuming red orange yellow green blue indigo and violet fresh raw organic juices In just seven days readers will detoxify their bodies and lose up to seven pounds of fat Each day of the program focuses on a different color of the rainbow ensuring the best possible nutrition profile and guaranteeing positive results By drinking the rainbow readers will shed pounds and experience anti aging renewed energy and a better balanced body Also included are 50 food and juicing recipes and 20 full color photos Honest Nutrition Ira Edwards,2007-07-09 Honest Nutrition is an attempt to do what textbooks

and hundreds of diet books do not Nutrition textbooks do not tell you that this science is in its infancy nor how many

scientific claims are open to question based on faulty research or simple hunches If they include some of the biochemical and physiological context of nutrition they still omit financial social and political aspects After attempting to understand the prejudice against vitamins and supplements among the industrial medical political Big Brother IMP BB and the lack of evidence for most alternatives there is still some useful information Opposing philosophies are denoted as SUPR SUrgery PRescription orientation and UTHR Unconventional Therapies Herbal Remedies Honest Nutrition uses a large alphabetical section to give easy access to useful information about many diseases and nutritional therapies Honest Nutrition includes information about hormone resistance diseases cryptic infections as a cause of unknown etiology diseases and the effect of nutrition on behavior and criminality Some claims 1 Obesity always involves hormones sometimes with positive feedback loops which is why Just eat less and exercise seldom works 2 A major factor in arterial disease is viscous blood resulting in part from a lack of omega 3 fat Cholesterol lowering does not help 3 Some heart attacks may be due to hormonal effects involving the hormone ouabain and preventable with an extract of the herb strophanthus 4 Many or most North Americans suffer serious lack of nutrients vitamin D magnesium and plant nutrients The author challenges the medical establishment to examine their doctrines and learn how to help people suffering from nutritional diseases Many technical terms are included The non scientific reader is asked to skip over these to gain a useful knowledge of nutrition

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