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Dr. J. Hoffer - Effects of vitamin C and D
administration on mood and distress

Orthomolecular Health Beyond Vitamin

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C: Linus Pauling's Legacy and Current
Research Rhonda Patrick at
Orthomolecular Medicine Congress in
Bussum, Netherlands (Keynote Oct. 3rd,
2015) Vitamin Therapy for Mitochondrial
function - Prof. Andrew Saul

What is MEGAVITAMIN THERAPY?

What does MEGAVITAMIN THERAPY

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mean? For Everyone Megavitamin

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Conference Recommendations on Optimal
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Nutrition, What On Earth Is That? - 606
Vitamin C What if... nutrition could treat
mental illness? Best Foods For Gut Health

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| Dr. Will Bulsiewicz Live Q&A on
The Exam Room What is
ORTHOMOLECULAR MEDICINE?

What does ORTHOMOLECULAR
MEDICINE mean? Using vitamin C as a
treatment The truth about vitamin C with
Dr Thomas E. Levy | Liz Earle Wellbeing
~~How the food you eat affects your brain~~

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~~Mia Nacamulli~~ Can Vitamin C Cure the

Common Cold? Case Studies in

Integrative Mental Health by DrJames

Greenblatt ~~Vitamins against Aging:~~

~~Historical Perspective~~ Linus Carl Pauling I

Wikipedia audio article The Myth of

Genius LIVE STREAM: April 2, 2018

from Adrenaline Radio ~~Jeffrey Bland,~~

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Ph.D. Lecture 31 (120417): Popeye and Vitamin A \u0026amp; C Orthomolecular Medicine For Everyone Megavitamin

As one scientist summed it up, "The forty years of Pauling contributions to chemistry and medicine make up perhaps the single most profound and enlightening body of research an American ...

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Therapeutics For Families And
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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

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doses and covers therapy for arthritis, cancer, behavioral problems, autoimmune diseases, cardiovascular disease and more.

Physicians

Recently, interest in nutritional medicine and how to use it properly has increased enormously, and many people are already taking supplemental vitamins in larger

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than standard dietary doses.

Orthomolecular medicine believes that the basis for health is good nutrition. It uses nutrients and normal ("ortho) constituents of the body in optimum amounts as the main treatment.

Explains the basics of orthomolecular

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For Everyone, plus megavitamin therapy for
arthritis, cancer, behavioral problems, and
more.

Physicians

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main treatment.
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Orthomolecular medicine can be effective in the treatment of schizophrenia, a mental disorder often treated with drugs.

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Deficiency often plays a major role in the onset of this condition. Thus, nutritional supplementation is integral to Dr. Hoffer's approach to schizophrenia. This short, concise guide explains how the disorder is diagnosed, what causes it and how to effectively treat it without drugs.

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