



# Orthomolecular Medicine For Everyone: Megavitamin Therapeutics for Families and Physicians

*Abram Hoffer, Andrew W. Saul*

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## **Orthomolecular Medicine For Everyone: Megavitamin Therapeutics for Families and Physicians**

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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 uses nutrients and normal (“ortho”) constituents of the body in optimum amounts as the main treatments.

Decades of use demonstrates that high-dose vitamin therapy works. This book written by two leading experts with over 80 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 you’ll see, orthomolecular medicine has been used to treat a wide variety of conditions, including cardiovascular disease, gastrointestinal disorders, arthritis, psychoses and behavioral 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. Once you overcome the old assumption that anything cheap and safe cannot possibly be effective, health awaits you.

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