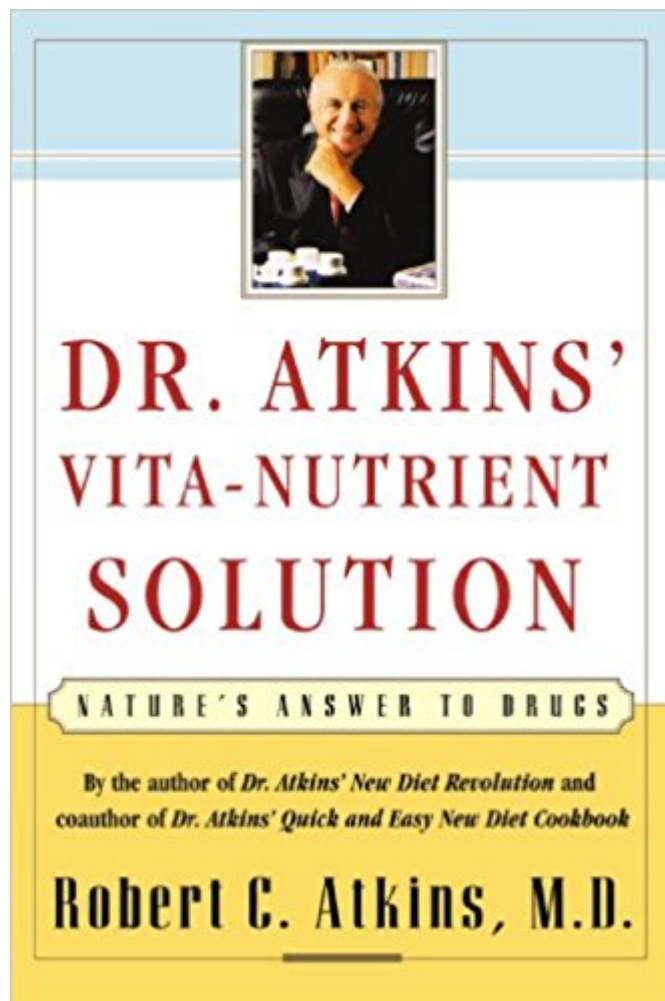




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Dr. Atkins' Vita-Nutrient Solution: Nature's Answer To Drugs



Synopsis

THE HEALING POWER OF NUTRITIONAL SUPPLEMENTS Long a champion of complementary medicine and nutritional therapy, Dr. Robert Atkins, author of the #1 best-seller *Dr. Atkins' New Diet Revolution*, presents the scientific basis for the use of vitamins, minerals, amino acids, herbs, and hormones in the treatment and prevention of many of the chronic illnesses that plague us today. These vita-nutrients harness the body's ability to heal itself, rather than resorting to conventional drugs and invasive procedures, and address the true causes of disease instead of temporarily alleviating symptoms, promoting longer-lasting and more effective healing. In this comprehensive guide, Dr. Atkins shares vital information on more than 120 supplements, including: The specific restorative powers of each nutrient How to determine the optimal dosage schedule How to obtain supplements that are new to the market or are available only in limited supply The formula for a basic foundation of vita-nutrients that almost everyone needs every day Best of all, Dr. Atkins shows you how to create a personalized program to help improve or regain your health by using combinations of nutritional supplements specifically designed to help cure or prevent more than fifty common medical conditions, including arthritis, cancer, diabetes, heart disease, or infections. Backed by cutting-edge scientific research, his recommendations are both safe and effective.

Book Information

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Customer Reviews

For a quarter-century, Robert C. Atkins has been the world's leading proponent of a low-carbohydrate diet. His first book promoting that plan, *Dr. Atkins' Diet Revolution*, has sold more than 10 million copies. *Dr. Atkins' Vita-Nutrient Solution* discussing the vital function of vitamins and

nutritional supplements and then provides a list of diseases and complaints that the supplements can help cure or alleviate. --This text refers to an out of print or unavailable edition of this title.

From the best-selling diet doctor. Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I find myself referring back to this book so often and when I do I appreciate the knowledge Dr. Atkins really had. Considering the book was printed back in 1998 he was years ahead of the present day medical community. For instance he knew that following a low sodium diet really missed the whole point when related to reducing blood pressure. Blood pressure medicine often only made the underlying cause only worse (see Drug Muggers: Which Medications Are Robbing Your Body of Essential Nutrients--and Natural Ways to Restore Them by Suzy Cohen (Feb 15, 2011) for cross references. Often over-looked by the medical establishment was the need for potassium in the diet. Also, potassium from supplements were a waste of effort since OTC pills only contain 3% of the RDA. He realized the need to eat the proper foods for this important nutrient. When's the last time you've heard of the forgotten Vitamin K. If you're like me, probably once or twice. Learn why it's so important and what foods contain it. Turmeric the spice, is popular these days but learn why it's rather weak for therapeutic use and why he recommended Curcumin instead. The list of interesting health topics and nutrient related information is truly astounding. I'm glad I own this important book.

JR Books delivers. Found this first edition hard bound book from JR Books. It was promptly delivered and was as described. In fact, it was in brand new, perfect condition just as it would have been back in 1998. This book by Dr Atkins, God rest his soul, is like a vitamin bible and so much more. This is the fourth copy I have purchased through the years as it is informative and easy to read. I have given out several copies in paperback and decided to find one in hardcover for my library. Moreover, it has enabled me to overcome many ailments and discontinue dangerous pharmaceuticals by solving and eliminating the problem, not just masking over them. These are no small maladies. Along with using his diet books and this book, I have overcome diabetes, obesity, chronic inflammation, insomnia, and others. Of course there are no miracle cures, hard work and elimination of many foods along with close contact and interaction with a like-minded physician.

I am only giving this a 4 because it's above my head. My brain cells are not as young as they used to be and I have to reread and reread to try to understand this. I am trying and that is all I can say...

Since 2001 I have purchased about 30 of these Atkins books and have given them away to friends and family. Prevention and nutrition is the only answer to cancer and other dreaded diseases that plague us. Our health is in diet and nutrition (supplements) and Dr Atkins discovered it in the process of treating his patients. I accidentally discovered his book in 2001 while recovering from Cholelrectal Cancer. I have followed religiously Dr Atkins formula for maintaing good health and after 12 years have remained healthy and CANCER FREE and prescription drug free. Drugs are not the answer according to Dr Atkins but proper nutrition and supplements before our health fails us. I am living proof that he was spot on. We can't just take a pill to cure us and continue to have bad behavior. Dr Atkins, may he rest in peace, was a great man who made geat strides in teaching how to keep and maintain good health. Drug companies never liked him only because they can't patent the natural and corner the market on a health solution. Norman Darnell

It teaches you how to take alternative medicine. Dr. Atkins had a clinic in New York and he and other doctors treated many patients with alternative medicine. (Vitamin and other suppliments) He tells about all the research done with specific suppliments. Every time I want to know how to treat my health problems, I can find an explanation that is understandable and clear. The index alone is the guide to reading the book. I have literally worn out my first copy searching for answers to simple and difficult health problems. There seems to be a shortage of the books. Personally I think they should REPRINT IT. People are starving for answers to simple problems the doctors cannot answer. I have received so much relief from alternative treatments. Now my new doctor I found agrees with me, he is actually recommending some supplements for my heart and blood sugar levels. I was already taking one of them but it was not enough. So I increased it. This book is a must for anyone who doesn't mind managing their health, with their doctor of course. The health food industries are combining supplements that have great results now. Relief for Knee Pain and Restless Leg Sydrome. Help for my Asthma. Sincerely , Dorothy

I really like the format of Dr. Atkins Vita- nutrient Solution. Most books I've read of this nature are organized by illness or disorder, and tells you what to take. That's fine, but this this one is different. It goes by the vitamin/nutrient, telling how it reacts with each of the body's systems. Other books don't cross- reference like that. I have referred many people to this book, not only for the difference in organization but for the ease of reading. Written in an easy to understand, conversational style. Only wish the good doc was still with us to keep up with new research. R.I.P Dr. Atkins. I hope his

foundation will keep up with it, and hopefully issue updates.

The book describes Dr. Atkins nutritional approach to being healthy. This book discusses all the vitamins, minerals, amino acids, herbs, and miscellaneous nutrients that can't be categorized properly (COQ10 and Alpha Lipoic Acid) and the benefits these nutrients provide. I am constantly referring to this book for information. At the end of the book Dr. Atkins has a list of conditions and recommended supplements to take for that particular condition. We lost Dr. Atkins too early and it would have been a great gift if he would have continued his work. The book is a great reference, a little bit outdated in some parts, but accurate on the stuff that is still relevant (90%). I haven't seen any other book that comes close to the information shown in this gem.

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