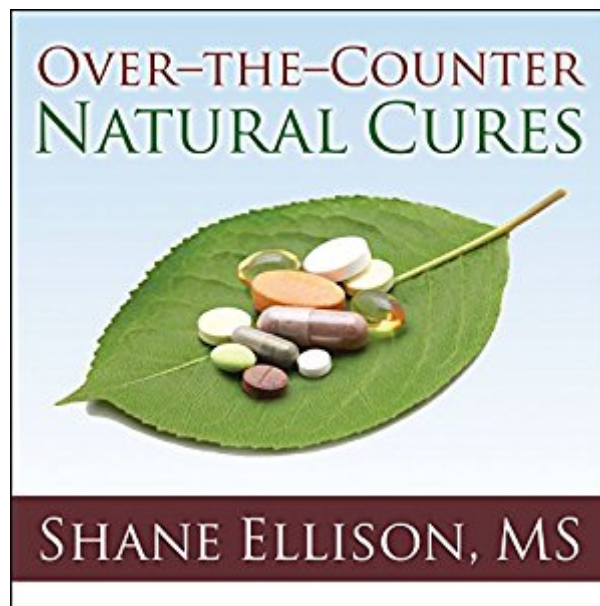


The book was found

Over-the-Counter Natural Cures: Take Charge Of Your Health In 30 Days With 10 Lifesaving Supplements For Under \$10



Synopsis

Americans are under attack. Obesity, lethargy, diabetes, heart disease, and cancer are ghastly epidemics. Worse, most drugs can make you even more sick! Why is this happening? Because no one tells you the truth: Millions of dollars are made by keeping this forbidden knowledge from you. Not anymore! Shane Ellison - known as the People's Chemist by his thousands of readers - knows the truth. A former chemist for Big Pharma, he quit when he discovered that the drugs he was creating for drug companies were nothing but toxins and that the real cures could be found on every supermarket and superstore shelf - for a fraction of the cost and without a prescription! Over-the-Counter Natural Cures is your insider guide to the inexpensive, easy ways to dramatically boost your health in less than thirty days... and stay fit and lean forever!

Book Information

Audible Audio Edition

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Whispersync for Voice: Ready

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Supplements #26 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

#52 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

The first thing that struck me reading this book is that the author recommends ten specific supplements as remedies for some of the most serious health problems we face today such as cancer, diabetes, heart disease, stroke, obesity, and insomnia. When I say specific, I mean that the name of the brand is given, the dosage, where to buy it, and a lab certified Certificate of Analysis is also included on the book website for each one. I found this to be a stark contrast to other books on nutritional supplements which give a lot of vague information and leave the reader more confused than before they read the book. The next thing that impressed me is that the efficacy of each supplement is verified by science based evidence rather than hype and unsubstantiated claims.

Shane Ellison's background as a pharmaceutical chemist and scientist makes him uniquely qualified to write about supplements which can effectively replace prescription drugs like statins, antibiotics, prostate drugs, sleep aids, blood pressure meds, and especially anti-cancer treatments like chemo and radiation. Throughout the book he includes numerically indexed references to the science studies which verify his claims. Listing of references is found in the endnotes section of the book. My 49 year old brother-in-law and my 23 year old nephew both died of cancer within 18 months of each other. I watched them waste away at M.D. Anderson Cancer Center in Houston while having their immune systems disabled by poisonous chemo. They were fed Froot Loops for breakfast, microwaved salisbury steak patties for dinner, and Jello for desert. They were demoralized, stripped of their health, hope and life, and in the end, they both died slowly under a morphine drip.

Over the Counter Natural Cures by Shane Ellison MSt
Thanks to the draconian and unconstitutional "Gag Rule" by the FDA, nutritional supplement manufacturers are prohibited from informing the public about the supplements they make. By keeping the public in the dark, and censoring information about how supplements are safer, more effective and less expensive than drugs, the FDA reveals its true mission, to protect the profits of the drug industry. The beauty of Shane Ellison's book is it fills in this censored information, discussing the top ten nutritional supplements and how they treat and prevent common illnesses. Mr. Ellison's background and training make him imminently qualified. He was trained as an organic chemist, and actually worked designing drugs in the labs of the pharmaceutical industry. A recurring problem with inexpensive supplements is quality. Many are simply not worth buying because they are adulterated with fillers and may not contain the proper amounts of the nutrients. Again, Mr. Ellison goes the extra step for his readers with an independent certificate of analysis on each recommended supplement posted on his web site. In addition, the book is carefully referenced with links to the medical literature. Here is the list of supplements discussed in the book: Alpha Lipoic Acid is presented as a key antioxidant maintaining the skin young and wrinkle free. The mixed form of Alpha lipoic acid from Spring Valley is mentioned, also useful for prevention and treatment of diabetic neuropathy. Combine this with acetyl-L-carnitine from Nature Bounty at Walgreens for a more robust effect.

Heath Ledger, Michael Jackson, Elvis Presley, Marilyn Monroe, the wife of an Illinois pharmacist, my neighbor ... can you guess what they all have in common? A tragedy due to prescription medications ... some because of their misuse and others because of ignorance and insufficient testing by the FDA, like my brilliant neighbor who was born with no fingers and legs which did not

grow due to a medication administered to his pregnant mother for morning sickness. Today's health solutions may be tomorrow's tragedies, and the only ones who can stop these tragedies from occurring are each of us. You might say, "we aren't doctors ... what can we do?" Plenty. We need to get smarter, and the best way to get smarter is to read and research. Start with this book, *Over-The-Counter Natural Cures*. Who better to tell us the dangers of prescription drugs than a former chemist for the big pharmaceutical companies, who quit when he discovered the medications he was creating were toxins, and that the best cures are found on every superstore shelf ... for a fraction of the cost and risk of prescription meds. Shane Ellison tells us that according to the National Center for Health Statistics up to 90% of Americans are nutrient deficient resulting in an epidemic of illnesses and conditions. Western medicine cannot help us because only nutrients can overcome a nutrient deficiency, not drugs. Physicians cannot help us restore our nutrient balance because the study of proper nutrition was removed from the medical school curriculum more than ninety years ago. We could schedule an appointment with a clinical dietitian; however, we'd be responsible for the cost as most insurance companies won't reimburse for these types of health consultations.

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