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Information is Beautiful

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.

Msm the Definitive Guide

MSM is a water-soluble compound found in all living things, a nutrient our bodies requires but often lacks because it is lost during food processing and cooking. It has recently been demonstrated that this natural mineral, essential to good health, can greatly reduce the pain of arthritis and other chronically painful conditions when given as a dietary supplement. Continuing research and reports from patients and physicians also indicate that MSM is effective in treating allergies, heartburn, constipation, and skin disorders. Many people report softer, smoother skin and increased energy as well. This comprehensive guide gives the essential answers you need in considering this natural pain remedy: How does MSM relieve pain? How safe is MSM and can it be used in combination with other pain remedies? How is MSM used to treat arthritis? What other types of pain can be treated with MSM? Are there any side effects to MSM? How much pain relief can I expect from MSM? How can I use MSM for allergies and other health problems? Where can I get MSM? And much more! Plus: Pros And Cons Of Natural, Over-The-Counter, And Prescription Pain Remedies

The Sacred Gift of Childbirth

Praise for the first edition of this book: This translation is something of an event. For the first time, it makes Zur Mühlen's text available to English-speaking readers in a reliable version. —David Midgley, University of Cambridge [This book] represents exceptional value, both as an enjoyable read and as an introduction to an attractive author who amply deserves rediscovery. —Ritchie Robertson, Journal

of European Studies, 42(1): 106-07. Born into a distinguished aristocratic family of the old Habsburg Empire, Hermynia Zur Mühlen spent much of her childhood and early youth travelling in Europe and North Africa with her diplomat father. Never comfortable with the traditional roles women were expected to play, she broke as a young adult both with her family and, after five years on his estate in the old Czarist Russia, with her German Junker husband, and set out as an independent, free-thinking individual, earning a precarious living as a writer. Zur Mühlen translated over 70 books from English, French and Russian into German, notably the novels of Upton Sinclair, which she turned into best-sellers in Germany; produced a series of detective novels under a pseudonym; wrote seven engaging and thought-provoking novels of her own, six of which were translated into English; contributed countless insightful short stories and articles to newspapers and magazines; and, having become a committed socialist, achieved international renown in the 1920s with her Fairy Tales for Workers' Children, which were widely translated including into Chinese and Japanese. Because of her fervent and outspoken opposition to National Socialism, she and her life-long Jewish partner, Stefan Klein, had to flee first Germany, where they had settled, and then, in 1938, her native Austria. They found refuge in England, where Zur Mühlen died, forgotten and virtually penniless, in 1951.

Dr. Earl Mindell's the Power of MSM

The availability of MSM, its safe reputation, and its enormous therapeutic potential for clinically challenging conditions are well known to thousands of healthcare practitioners and patients world-wide. Scientists have been studying this remarkable nutrient for more than fifty years. Now you can learn about the science behind the supplement and discover its potential through documented clinical case studies.

Healing with DMSO

The most up-to-date, comprehensive treatment guide to fibromyalgia, by a renowned physician who herself has the condition If you suffer from fibromyalgia and are struggling to get help from your doctor, you're far from alone. Ten million Americans experience the widespread muscle pain, profound fatigue, and fuzzy brain ("fibrofog") that have long frustrated both patients and doctors. In this unique resource, Ginevra Liptan, M.D., shares a cutting-edge new approach that goes far beyond mainstream medical knowledge to produce dramatic symptom improvement. Dr. Liptan's program incorporates clinically proven therapies from both alternative and conventional medicine, along with the latest research on experimental options like medical marijuana. Since many health care providers have limited fibromyalgia expertise, The FibroManual includes a thoroughly sourced "health care provider guide" that enables readers to help their doctors help them. Alleviate fibromyalgia symptoms in four simple steps (Rest, Repair, Rebalance, and Reduce) and you will • restore deep, restful sleep • achieve long-lasting pain relief • optimize hormone and energy balance • reduce fatigue This accessible and empowering resource provides essential information about understanding and treating fibromyalgia from a physician who, as both patient and provider, understands the illness from the inside. From the Trade Paperback edition.

Medical Medium Celery Juice

"Here is something natural, a supplement that appears to be safe and is helping many people. Why shouldn't you be one of them?"—William Regelson, M.D., co-author of *The Melatonin Miracle MSM*, or methylsulfonylmethane, is the first safe, natural, side-effect-free remedy for many types of pain and inflammatory conditions. In this authoritative look at MSM, Drs. Stanley Jacob and Ronald Lawrence reveal how to tap into the benefits of this amazing "miracle" compound. Experienced in the successful treatment of thousands of patients for pain, they explain how to take MSM—how much, when, with what foods, and in what form—to relieve pain in its many varieties, including: Degenerative arthritis Chronic back pain Chronic headache Muscle pain Fibromyalgia Tendinitis and bursitis Carpal tunnel syndrome TMJ Post-traumatic pain and inflammation Allergies and more

Better Nutrition

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. James Balch and Mark Stengler, coauthors of the hugely successful *Prescription for Natural Cures*, and Robin Young Balch have teamed up to create the most comprehensive and up-to-date book available on natural alternatives to prescription medications. The book provides natural, safe, and effective ways to treat a wide range of common ailments, including ADHD, allergies, diabetes, depression, erectile dysfunction, eczema, heart disease, headaches, and PMS. You'll read in-depth information, not found in any other popular book, about the pros and cons of prescription and over-the-counter drugs compared with natural treatment alternatives ranging from diet and lifestyle changes to supplements and herbal medicines. "This book is essential reading for anyone who wants to take charge of his or her health. Read it to live long and well." —Hyla Cass, M.D., author of *Supplement Your Prescription: What Your Doctor Doesn't Know about Nutrition* "An outstanding resource for comparing common pharmaceutical and holistic treatments." —Ronald M. Lawrence, M.D., coauthor of *Preventing Arthritis and The Miracle of MSM* "A must-read for every person who wants to achieve better health and avoid the dangers of synthetic medications. The authors do an exceptional job by telling you everything you need to know about getting well and how to use supplements correctly and safely." —Suzy Cohen, R.Ph., author of *The 24-Hour Pharmacist*

Nubs: The True Story of a Mutt, a Marine & a Miracle

Documents current research on the nutritional supplement that shows promise as a treatment for pain and inflammation.

World Report 2020

Methylsulphonylmethane (MSM) is a natural miraculous supplement with proven healing power. In this book you will learn a lot about the benefits of this amazing supplement for: Arthritis Allergies Autoimmunity Cancer Detoxification Diabetes Hair and Nail Health Indigestion Leaky Gut Osteoarthritis Pain Relief Skin Health Snoring and so on. ★★Download Your Copy Today And Enjoy The Benefits Of

MSM★★ Scroll Up & Click Order Now To Start Learning About MSM Instantly!

The Melatonin Miracle

Healing with Msm

First isolated as a chemical compound by a Russian chemist in 1866, dimethyl sulfoxide (DMSO) proved to be a near-perfect solvent for decades before its remarkable biological and medical activities were discovered. DMSO is one of the most prodigious agents ever to come out of the world of drug development. Its wide range of biological actions invol

The Arthritis Cure

Discover the benefits that DMSO can bring to your first-aid kit, from safely soothing headaches to easing arthritis pain, in this easy-to-use, fact-filled handbook. This science-backed guide will help you understand how DMSO works, why it works, and the many ways you can harness its power to heal your aches, pains, and other ailments, all in an easy-to-read and friendly way. DMSO (dimethyl sulfoxide) is a natural substance that comes from wood, and, when applied topically, can offer a host of pain-relieving benefits. Healing with DMSO will dispel the myths and falsehoods surrounding this substance while presenting the latest research-backed facts on how you can reap DMSO's many benefits. From dosages to application methods, you'll be presented with all the information needed to find the best and safest method for using DMSO at home. Discover how you can use DMSO to speed your body's healing process from wounds, burns, and muscle injuries. This book will help you understand how you can safely and effectively use DMSO to treat everything from headaches and inflammation to osteoarthritis and rheumatoid arthritis, all without the use of prescription medication!

The Longevity Paradox

Organic sulfur--a powerful nutrient often overlooked.

The DMSO Handbook for Doctors

NATURAL REMEDY DMSO A MIRACLE DRUG Once in a while there comes a natural remedy which is more like a miracle. In this book you will read about DMSO or Dimethyl sulfoxide which has gone unnoticed by the medical fraternity despite having properties which are nothing short of being phenomenal. Beginning from providing a cure for skin ailments, DMSO has the potential to treat deadly diseases like cancer. The role of DMSO in genetics is significant. DMSO has the miraculous property of protecting animal cells from damage caused by radiation. DMSO has many therapeutic properties related to reduction of trauma in brain injuries. It is an effective free radical scavenger and is an ideal medication for healing brain trauma. Put together, DMSO is surely a wonder drug which has yet to find the rightful place in the treatment of various illnesses and diseases. Its use can bring down the cost of treatment and also alleviate the pain and trauma caused by

illnesses and accident victims.

The Red Countess

An easy-to-understand, up-to-date guide on the highly publicized drug, DMSO—dimethyl sulfoxide—is a simple by-product of wood and has been called a “miracle” drug, capable of relieving pain, diminishing swelling, reducing inflammation, encouraging healing, and restoring normal function. In this groundbreaking work, award-winning health science writer Dr. Morton Walker examines the powerful and compelling case for the use of DMSO in the treatment of many debilitating disease and health-related problems. In *DMSO: Nature’s Healer*, Dr. Walker cites documented cases of its astounding use in healing and prevention of a host of health disorders, including arthritis, stroke, cancer, mental retardation, and sports and auto injuries. He also recounts the dramatic story of the long struggle to gain FDA approval of DMSO.

The East Asian Miracle

This book looks at many different and common health problems that can surprisingly be relieved by simple and safe supplementation with magnesium. Magnesium is a mineral that can make a huge difference to your health and yet many people, even in the developed world, have inadequate magnesium levels in their body. This book looks at the many different and common problems that can surprisingly be relieved by simple and safe supplementation with magnesium. Magnesium gives elite athletes the winning edge they would otherwise never achieve, enabling them to conquer world championships. Magnesium can calm irritable children and balance your nervous system naturally - that's why I call magnesium "THE GREAT RELAXER". Magnesium can be life saving, as it is known to reduce the risk of sudden death from cardiac castasrophes - this is particularly important for men under stress. Make sure you are not deficient in magnesium and you may just change your life - yes it's really true - you won't believe the difference magnesium can make to your health!

The FibroManual

Nubs, an Iraqi dog of war, never had a home or a person of his own. He was the leader of a pack of wild dogs living off the land and barely surviving. But Nubs's life changed when he met Marine Major Brian Dennis. The two formed a fast friendship, made stronger by Dennis's willingness to share his meals, offer a warm place to sleep, and give Nubs the kind of care and attention he had never received before. Nubs became part of Dennis's human "pack" until duty required the Marines to relocate a full 70 miles away--without him. Nubs had no way of knowing that Marines were not allowed to have pets. So began an incredible journey that would take Nubs through a freezing desert, filled with danger to find his friend and would lead Dennis on a mission that would touch the hearts of people all over the world. Nubs and Dennis will remind readers that friendship has the power to cross deserts, continents, and even species.

Alternative Medicine

The Vital Psoas Muscle

Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide*, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health:

- Healing the gut and relieving digestive disorders
- Balancing blood sugar, blood pressure, weight, and adrenal function
- Neutralizing and flushing toxins from the liver and brain
- Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems

After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant or breastfeeding?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."

Dimethyl Sulfoxide (DMSO) in Trauma and Disease

Located deep within the anterior hip joint and lower spine, the psoas major (usually just referred to as the psoas) is critical for optimal postural alignment, movement, and overall well being. The psoas is the only muscle in the human organism that connects the upper body to the lower body, and its importance extends to the nerve complex and energy systems. As modern-day populations grow more sedentary, psoas-related lower back and hip pain, and the ailment of "sitting too much," are on the rise. Even the most active of athletes can suffer from psoas imbalance and pain. *The Vital Psoas Muscle* demonstrates how to keep the muscle in balance through specific exercises designed to strengthen and utilize this amazing muscle, and discusses its vital role in the emotional and spiritual state of the human being. The interconnection between the psoas and the root chakra is explored, along with yoga poses and postures that stimulate the psoas. Eighty full-color illustrations depict anatomical details, and show the key stretching and strengthening exercises in this practical and comprehensive treatment of the most important skeletal muscle in the human body.

The Naturopathic Way

In *The Vital Glutes*, author and respected bodywork specialist John Gibbons looks at

one of the most neglected areas of the body: the gluteal muscles. He takes readers on a fascinating journey of enlightenment, teaching us to recognize pain and dysfunctional patterns that arise from the gluteal muscles. Gibbons addresses such questions as: Why do the gluteals potentially cause pain and dysfunction in distant sites of the body? How does the gait pattern contribute to pain and dysfunction? And, how can the application of gluteal-specific Muscle Energy Techniques aid full-body well-being? In addition, he provides step-by-step techniques to identify and correct a number of impaired patterns as well as functional gluteal exercises that promote recovery. With full color photographs and illustrations, the book demonstrates how to perform functional assessment testing for the muscles of posture that can become chronically tight—a principal causative factor in dysfunctional glutes. Therapeutic techniques, including gluteal exercises, show how to correct dysfunction and reduce pain. This book will be of great value to physical therapists, athletes, and anyone interested in bodywork. Table of Contents

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Magnesium

This holiday themed release offers five religiously themed stories about Christmas, offering lessons about life and spirituality. Among the stories offered in the program are Oh Little Town of Bethlehem, Don't Forget the Baby Jesus, The Christmas Tree, Dear Santa, and The First Christmas. ~ Cammila Collar, Rovi

Msm:

Presents a possible cure for arthritis that could help stop the pain and change the lives of the more than thirty-five million Americans who suffer from arthritis

The TB12 Method

Do you have melasma or any other form of stubborn hyperpigmentation on your face or elsewhere on your body? Have you tried all available conventional treatments and spent a small fortune, only for the dark patches to remain steadfast if not worsen? Are you lacking in confidence socially? Are you afraid to go outdoors to bask in the sunshine? Are you embarrassed, depressed or frustrated about having this disease? Then why not try out a new method of treatment that has so far yielded exciting and promising results? This therapy is safe, inexpensive and rewarding, and has been proven to work for many sufferers via an ongoing experiment that I initiated in January 2002. Just 7 months later, approximately 100 women were reaping the benefits of supplementing their diets with a remarkable nutrient called MSM Sulphurcould this be the clear solution for you too?

The DMSO Handbook

MSM (methyl-sulfonyl-methane) is a form of biological sulfur with an amazing ability to assist and cure myriad health problems. MSM has been used successfully to treat asthma, allergies, skin problems, yeast infections, muscle cramps, arthritis, stress, diabetes, fatigue, and much more. In Dr. Earl Mindell's *The Power of MSM*, the esteemed Dr. Earl Mindell examines the organic sulfur and discusses its many benefits. He provides essential information on both dosage and application.

Melasma - Is This the Clear Solution?

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, *The TB12 Method* provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

The Miracle of MSM

DMSO is a natural substance that is obtained from wood. Medical and pharmaceutical studies have repeatedly shown that DMSO has the greatest range and number of healing effects ever recorded for a single substance. Its comprehensive healing properties are unique, all working in synergistic harmony. Over the last sixty years, more than forty thousand research articles on this substance have been published but the general public remains unaware of these discoveries, partly as a result of efforts from certain quarters to suppress the dissemination of that information. Having been treasured as a secret for many years by just a small number of specialists and alternative practitioners, DMSO is currently enjoying a remarkable comeback in the field of alternative medicine. This

book now makes this information available in an accessible and engaging manner, revealing all about this wonderful universal medicine, its uses and its applications. Hartmut Fischer, an alternative health practitioner with a background in scientific and pharmaceutical research, has been researching this substance for many years and uses it privately and professionally in his practice. This book is intended as a practical, application-oriented reference book for patients who treat themselves, as well as for doctors, alternative health practitioners and other therapists.

The MSM Miracle

The Founding Fathers of the United States of America created the first free people in modern times. They wrote a new kind of Constitution which is now the oldest in existence. They built a new kind of commonwealth designed as a model for the whole human race. They believed it was thoroughly possible to create a new kind of civilization; giving freedom, equality, and justice to all. The Founders created a new cultural climate that gave wings to the human spirit. They built a free-enterprise culture to encourage industry and prosperity. They gave humanity the needed ingredients for a gigantic 5,000-year leap in which more progress has been made in the past 200 years than all of prior recorded human history. All of this came about because of 28 basic principles the Founders discovered, upon which all free nations must be built in order to succeed. This eBook includes the original index, footnotes, table of contents and page numbering from the printed format, and also new illustrations.

The Vital Glutes

21st Century Science Collection.

Msm

Dr. Earl Mindell's the Power of MSM

Within this book you will find all you ever needed to know about the amazing sulphur compound MSM. Are you suffering from constant pain? Do you have an autoimmune condition you are wanting to fix? If so, then MSM may be your answer. MSM is a potent antioxidant, anti-inflammatory and analgesic (pain reliever) which has been most known for its effect on joint health, pain management, hair health and skin health. As most conditions are caused from inflammation, MSM is highly effective at putting a stop to and/or helping to treat these common issues. Within this book you will find how MSM can help the following conditions: Allergies Anxiety/Depression Athletic Performance Autoimmunity Cancer Candida Albicans Constipation Detoxification Diabetes Energy Improvement (CFS and Fibromyalgia) Eye Health GERD (Gastro Esophageal Reflux Disease) Hair and Nail Health Indigestion Irritable Bowel Syndrome Leaky Gut Liver Disease (acute or chronic) Oral Health Osteoarthritis Pain Relief Parasites Respiratory Health/Sinusitis Skin Health Snoring Stomach Ulcer (Peptic Ulcer) PLUS you will also get information on how MSM can help Pets

Dmsso

MSM (methyl-sulfonyl-methane) is a form of biological sulfur with an amazing ability to assist and cure myriad health problems. MSM has been used successfully to treat asthma, allergies, skin problems, yeast infections, muscle cramps, arthritis, stress, diabetes, fatigue, and much more. In Dr. Earl Mindell's *The Power of MSM*, the esteemed Dr. Earl Mindell examines the organic sulfur and discusses its many benefits. He provides essential information on both dosage and application.

Sodium Bicarbonate

The best country-by-country assessment of human rights. The human rights records of more than ninety countries and territories are put into perspective in Human Rights Watch's signature yearly report. Reflecting extensive investigative work undertaken by Human Rights Watch staff, in close partnership with domestic human rights activists, the annual World Report is an invaluable resource for journalists, diplomats, and citizens, and is a must-read for anyone interested in the fight to protect human rights in every corner of the globe.

Msm Uncovered

A visual guide to the way the world really works Every day, every hour, every minute we are bombarded by information - from television, from newspapers, from the internet, we're steeped in it, maybe even lost in it. We need a new way to relate to it, to discover the beauty and the fun of information for information's sake. No dry facts, theories or statistics. Instead, *Information is Beautiful* contains visually stunning displays of information that blend the facts with their connections, their context and their relationships - making information meaningful, entertaining and beautiful. This is information like you have never seen it before - keeping text to a minimum and using unique visuals that offer a blueprint of modern life - a map of beautiful colour illustrations that are tactile to hold and easy to flick through but intriguing and engaging enough to study for hours.

The Miracle of MSM

Describes the effects and health benefits of this naturally produced hormone, and predicts its future impact.

The Five Thousand Year Leap

How naturopathy works to establish good health and protect against the toxic causes of illness • Shows how cleansing the body's internal cellular environment with diets and fasts removes the chief cause of disease • Explains the role played by the acid-alkaline balance in maintaining good health and peak energy Illness does not appear by chance. It is the direct result of the way we live--what we eat and drink, if we have enough physical exercise, and our state of mind. The basic principles of naturopathy recognize this reality, and its treatments are designed to support our present state of good health or to help us get back to it. Christopher Vasey, author of the bestselling *The Acid-Alkaline Diet for Optimum Health*,

explains that naturopathic treatments do not attempt to cut off symptoms but instead focus on removing toxic causes. All diseases stem from an unbalanced or dysfunctional biological terrain. This occurs when the body's internal cellular environment becomes clogged with wastes or when it lacks essential vitamins and mineral nutrients. In this naturopathic guide to health and healing, Vasey shows how to remove toxins from the body using diets, fasts, and detoxifying cleanses. He points to the key role played by the acid-alkaline balance in maintaining peak energy and explains what natural supplements to take to restore deficient nutrients in the body. Vasey believes that the greatest part of achieving health is in our own hands. His book provides a comprehensive set of naturopathic tools to help us restore our optimum health.

Miracle Enzyme is Serrapeptase

MSM stands for Methyl Sulfonyl Methane, which is a rich source of organic sulfur. The body uses sulfur to continually create new healthy cells to replace old ones. Without it, the body will produce weak dysfunctional cells. Sulfur deficiencies are associated with slow wound healing, brittle nails and hair, gastrointestinal problems, scar tissue, lung dysfunction, and immune dysfunction. As sulfur in food is lost during processing, deficiencies are very common today. Includes important "How to use" directions.

AARP Prescription for Drug Alternatives

Sodium bicarbonate happens to be one of our most useful medicines because bicarbonate physiology is fundamental to life and health. We are talking about serious medicine when we talk about sodium bicarbonate.

Natural Remedy Dmsso

DMSO A True Wonder Drug DMSO is a natural chemical compound derived from trees as a by-product from paper manufacturing. DMSO has been called a new medical principle and a true wonder drug. It has proven effective, either by itself or in combination with other products in the treatment of nearly every ailment known. There has been much controversy about DMSO over the last 50 years. It is one of the most studied medical products ever. Thousands of scientific articles have been written about DMSO. When used properly it is one of the safest products know. It is also very cheap to produce. This book provides the documentation needed to show that DMSO is probably the most important product ever for the relief of human suffering. ***** Archie is quite clearly a leading authority on DMSO. He has extensive knowledge and experience regarding the clinical benefits of DMSO treatment. For decades, Archie has studied and worked with DMSO. He understands the safety, utility and efficaciousness of DMSO. I highly recommend this book for anyone interested in health, especially for those who want to learn more about non toxic medical therapies. For individuals with certain health ailments, DMSO could prove quite beneficial. -Daniel Junck, MD

The New Harvard Guide to Women's Health

From the author of the New York Times bestseller *The Plant Paradox* comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

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