

START TODAY

on the Road to Good Health

7WAYS **IN** **7**DAYS



Brought to you by



Andrew Saul

SPEAKER, TEACHER, VITAMIN EXPERT

Start Today on the Road the Good Health



7 Ways in 7 Days

by Andrew W. Saul

Be careful in reading health books. You may die of a misprint.
(Mark Twain)



Copyright and use of this ebook

This ebook is Copyright © 2014 Andrew W. Saul.

Reproduction is prohibited without advance written permission. Portions of this presentation are from “Why and How to ‘Doctor Yourself,’” by Andrew W. Saul, in *The Fountain* (2008). Those sections are reprinted with kind permission of Basic Health Publishing, Laguna Beach, CA.

You may freely distribute this ebook provided nothing is added to, or taken away from, this 25 page publication. It may NOT be sold under any circumstances.

An Important Note

This ebook or any information therein is not in any way offered as prescription, diagnosis nor treatment for any disease, illness, infirmity or physical condition. Any form of self-treatment or alternative health program necessarily must involve an individual's acceptance of some risk, and no one should assume otherwise. Persons needing medical care should obtain it from a physician. Consult your doctor before making any health decision.

Contents

- 5. Introduction
- 6. Day One: Cut Out Sugar
- 8. Day Two: Increase Niacin and Vitamin C
- 10. Case Study
- 12. Day Three: Exercise
- 13. Day Four: No Junk
- 15. Day Five: Go for Salad Bar Meals Every Time
- 17. Day Six: Have a Vegetable Juice Fast
- 19. Day Seven: Cut Out Bad Habits
- 20. Bonus Recommendations
- 22. Closing Thoughts
- 23. About the Author
- 25. Further Resources



Introduction:

If you want something done right, you have to do it yourself. This especially includes your health care. That is why I am what I call a “health homesteader.” For me, it became personal when, over 35 years ago, my first-born was placed in my arms. As a newly-minted father, the first thing I had to do was take my newborn out of the hospital immediately. They were feeding the baby formula and he was getting feverish. At home, with vitamins and breast milk, he thrived. A “well baby” check-up resulted in vaccination that made a goose-egg-sized lump at the injection site and a high fever. The pediatrician seemed to know no more than the hospital. Now I was working without a net: I had to learn, and fast. In the end, I was able to raise my children all the way onto college without a single dose of any antibiotic. Yes, we had family doctors, whom we never went to. So, since 1976, I have been teaching people how to get well and stay well.

(Please note: Obviously, this ebook is a primer. Subjects like sugar and vitamin C, indeed any of the subjects mentioned, warrant massive discussion which is way beyond the scope of this small publication.)



Cut Out Sugar

This is the most important, the hardest, and top priority. It's first up for those reasons.

It is very important to maintain a low-sugar diet. Sugar is **NOT** your friend. Whatever may be ailing you, sugar is sure to make it worse. The best writers on this subject are Drs. T. L. Cleave, Lendon H. Smith, and Abram Hoffer. Yes, we need to consciously, daily, work to avoid sugar.



It is not easy, is it? If you are going to have some anyway, like most folks do including me, here's some absolution: Some sugar is far better than any artificial sweeteners. OK, enough of that. Now here's what to do:

- Take a B-complex vitamin tablet, some chromium, lots of vitamin C, and some extra niacin whenever you eat sugar. It will greatly help to even out both your mood and your blood sugar levels.
- Eat sweet stuff only if you are about to exercise and burn it off before your body stores it as fat.
- To help yourself over the hump, select naturally sweet foods as your sugar-food substitutes. Dried fruits are a good example. Sure, they contain sugar. But not as much. Plus, they contain fiber and nutrients that Nature put there, and that makes them easier for your body to handle.



Increase Vitamin C and Niacin (B-3)

Once, as I sat at lunch with a then-88-year-old Dr. Abram Hoffer, I took some vitamin pills. Dr. Hoffer leaned over towards me and said, “You know, you’re going to live a lot longer if you take those.” I looked back at him and he added, “I guarantee it. If not, come back and tell me.”

**Take enough C to be symptom-free,
whatever that amount might be**

There are various paths to health. Taking appropriately high doses of vitamins and other needed nutrients is the great superhighway. May I add that I have no financial connection whatsoever with the health products industry. Vitamins, in appropriately high doses, are both preventive and therapeutic.

If you have a cold, or feel one coming on, and you take a gram (1,000 mg) of vitamin C every five minutes, you will feel better in hours. Loose stool indicates saturation. My jingle is, “Take

enough C to be symptom free, whatever that amount might be.” I have been telling people this for three decades. It is still exactly true.

If you are stressed or anxious, take a few hundred milligrams of niacin (B-3) and you will feel better in minutes. You may experience a harmless warm flush. But to learn more, to determine your own best doses, you need to do what I did: read. To take it to the next level, I suggest you read everything you can by Robert F. Cathcart III, M.D.; Frederick R. Klenner M.D.; and Abram Hoffer, M.D., Ph.D.. These are three of the great orthomolecular (nutritional) physicians. My most concise advice is, do what works: copy the doctors who get results. Perhaps that is why you are reading this book right now.

Part of the appeal of aggressive nutritional supplementation is that taking tablets is easier than changing your lifestyle. Supplement therapy is very effective and also very safe. US poison control statistics show that there is not even one death per year from vitamin supplementation. On the other hand, research indicates that inadequate nutrition annually kills literally millions, and is probably the single largest cause of death there is. All, and I mean all of the big killer diseases are primarily caused by bad diet. Lousy nutrition never cured anything; optimum nutrition has. See for yourself: you can read the full archive of the peer-reviewed *Journal of Orthomolecular Medicine* for free at <http://orthomolecular.org/library/jom> or <http://www.orthomed.org/jom/jom.html> .

Personal Story

My name's Trevor King. I'm a 50 year old father of four, from Ireland.

For many years I have struggled with depression on and off. When it would hit it would be completely debilitating. Doing what everyone else does, I googled the problem, and was amazed to find the amount of references to processed sugar and how it can really lead

to the onset of depression. I remember well, on the 5th May, over ten years ago, going cold turkey on white sugar. It was difficult, but the upside was well worth it. The episodes disappeared almost overnight.

Slowly however, they came back. Never as bad as before, but they still crept back in. They were especially pronounced if I should slip on the sugar. Usually about 24 to 36 hours after eating a muffin for example, I could actually feel the dark clouds descending. I rarely slipped, but when I did it could be brutal.

Then about 18 months ago I saw Food Matters. I saw Andrew talking about niacin. I ordered some immediately and before I had the chance to take one, I gave one to my daughter, aged 16. She lit up like a Christmas Tree, and at the time we knew nothing about the flush, so I had no idea what was going on. We again googled it, and moved to the non-flush variety. I started on 3,000mg per day, spread over morning and night, and the effect on my mood was obvious to all. The combination of the niacin and the lack of sugar was better than the lack of sugar alone. Still to this day I can't eat sugar, but that has its benefits.



Through that experience I set out to track Andrew down and after a couple of great co-incidences I now work alongside him as his marketing guy. Through his advice I've now added some other vitamins and a daily handful of cashews. But I am living proof that the rules of days ONE and TWO can be crucial to your health.



Exercise . . . ANY exercise!

“You’ll rust out sooner than you’ll wear out.” (Attributed to Jack Lalanne, among others)

In case you thought you’d get out of this with a few tablets, well, think again. I also urge diet and lifestyle change, and personally practice what I am here recommending to you. At age 58, I am in better shape than when I was in college. OK, that was the far-out early 70s, but still. Today I can shovel snow literally by the ton (there is a lot of that in Brockport, NY), walk for miles, and touch my knuckles to the floor.

So exercise! Yes, I really mean it, because it truly is very important. The best exercise for you is the one that you will actually do. Regular practice of yoga provides gentle and yet remarkably thorough exercise. Tension, stress, and many a minor back problem will disappear.



No Junk!

“None” is a tough standard. While moderation is often the healthiest policy, there are some clear-cut absolute-no’s.

1) No junk food! This automatically and instantly reduces your intake of salt, fat and chemical food additives. Check your kitchen sink and kitchen garbage can every day. Greasy dishes and convenience-food wrappers mean trouble. A big vegetable-peeling pile composting in the backyard means success.



2) No artificial colors! They are toxic, super-junk. Why eat paint? For that, come back from the hardware store with a spoon instead of a brush. Of all the many food additives, colors are the worst. Check the internet to see what the Feingold Association has to say about this.

<http://www.feingold.org/>

3) No over-the-counter medicines! They are patent junk remedies. Use vitamins instead. As Carl C. Pfeiffer said, there is a natural alternative to every drug. In most cases, this goes for prescription drugs as well. Linus Pauling put it best when he suggested that every drug had a printed label, warning: "Keep this medicine out of reach of everyone! Use vitamin C instead."

"One of the first duties of the physician is to educate the masses not to take medicine."

(Sir William Osler, MD)



Go for Salad Bar Meals Every Time

I shamelessly advocate a plant-based diet. I used to call it a near-vegetarian diet, but few noticed the word “near.” Point: I am not a vegetarian, although I respect and even advocate vegetarianism for those who feel best with it. I personally choose to include eggs, seafood, and cultured dairy products. In moderation, these foods are good for you, and I raised my children accordingly. I eat meat three or four times a week, usually less. But the real focus should be a plant-based diet. Need to lose a few pounds? This will do it. You will automatically reach your right weight with a plant-based diet. Weigh in once a week and see. The high fiber content of near-veggie fare will also make you feel better in other ways in the bathroom, and also help prevent cardiovascular disease and cancer. One of the dangers of meat-eating is that meat has zero fiber.

Modest meat-eating is greatly mitigated by having the rest of your diet high-fiber and plant based. Whole grains and legumes (peas, beans, lentils) are terrific foods, versatile and cheap. Much of the negative aspects of meat and dairy relate to excess consumption and excess factory processing. Cold cuts laced with chemical additives, and the white water served up as milk nowadays should be the first to vanish from your table. Yogurt and aged cheeses have my vote, but as a former dairyman, you’d expect that.

May I add that we should also weigh the lives of the critters we kill. If everyone decreased their



meat intake by only 10%, we'd save the lives of over one billion animals each year. Think about it: If you currently eat some meat at practically every meal, just two meatless meals a week gives you that 10% reduction.



Have a Vegetable Juice Fast

If you feel ill, fast first. The old misquoted phrase should read, “Starve a cold lest you feed a fever.” The first thing a sick animal does is go off its food. Right. More comfortable than water fasting is a temporary diet of raw vegetable juices only. As my uncle would say, it is “good for what ails you.”



Thirty years ago, in a *Mother Earth News* interview (Jan-Feb 1984, 85:17-23) I said: "If a person is not on any medication that requires eating, I'd suggest a short fast (four to six days) to rid the body of the toxins accumulated over years of unhealthful living. Fasting is a time-honored, commonly used naturopathic treatment. Go into the fast with a positive attitude. Some folks think they're surely going to die if they stop eating. Of course, that's not true, unless they have such a health problem that they can't fast. Most people who have fasted and hated it were on a water-only fast. So don't do that."

I stand by it today. Vegetable juice diet is the very best way to clean out your system, and feel better sooner.

"No illness which can be treated by diet should be treated by any other means."

(Moses Maimonides, 12th century physician)



Eliminate bad habits

Mark Twain tells of a doctor at the bedside of a very sick, elderly lady. The doctor told her that she must stop drinking, cussing and smoking. The lady said that she'd never done any of those things in her entire life. The doctor responded, "Well, that's your problem, then. You've neglected your habits." Twain added: "She was like a sinking ship with no freight to throw overboard."

But seriously, if you smoke, drink, drug, or bungee jump with a frayed cord, you are, as my mother always said, just looking for trouble. Taking high doses of vitamin C will help you break the smoking habit; ditto for drugs. Frequent large doses of the B-complex vitamins will help you stop drinking.

Every time you stop doing something harmful, you have done something beneficial. Start today! You can do it.

Bonus Recommendations

- Question immunizations. At the very least, give your child boatloads of vitamin C before s/he gets the needle. Delay them to at least age two. Vitamin supplemented, unprocessed-food-fed children are healthier, shots or no shots.
- Drink lots of water, but try to avoid fluoridated water. The lifetime benefit of drinking fluoridated water amounts to one-half of one filling less per person. On the other hand, fluoride is harmful at far lower levels than the EPA-permitted 4 parts per million. The more you read on this, the clearer it will all be. The internet, not your dentist, is your best bet for more information.
- Avoid doctors and hospitals. However, please keep in mind that health self-reliance is not about refusing needed medical care; it is about putting yourself in a position of not needing medical care.
- Garden. It is good for body and soul, and organic food can't be cheaper. No land? When in doubt, sprout. Sprouted seeds have more nutrition. Wheat and lentils are dirt cheap, and sprout in any old jar in two days. It's easy to toss them into a salad or sandwich.

- Stress Reduction. I have practiced meditation for 35 years, and I have only good to say about it. I think there are a number of forms of meditation, many of which I have tried, and they are very valuable. Pick one and do it. Ahh, it works. And be sure to hit the hay early. I like to be asleep by 10 PM. Ben Franklin was right about that “early-to-bed; early to rise” bit.
- Save money getting healthy. I estimate my supplements cost me less than a buck a day. In my opinion, that is the best \$365-per-year health insurance you can buy. Not eating junk food, and avoiding meat, saves you money. My son estimated that our house mortgage was very nearly paid off with the money my family of four saved by following a plant-based diet.

Closing Thoughts:

So I'm a health nut, right? But if you are not a health nut, then what kind of a nut are you? For those who choose to not take care of themselves, perhaps this is the time to say that universal health coverage is not the answer. Perhaps universal funeral coverage would be more appropriate. The bottom line is, compared to death, and not seeing your great-grandchildren, the odds greatly favor being a health nut. And it feels so good! Of course, I'll let you know for sure in another 58 years. Orthomolecular nutrition has served me well so far. I think it will help you, too. Remember: no cell in the human body is made from a drug. Not one. They are all made from what you eat. And what you eat, or won't eat, is totally within your control.

About the Author:



Andrew W. Saul was born and raised in Rochester, New York. He entered university at the age of 15. After study at the Australian National University and the Canberra Hospital, he received his Bachelor of Science from SUNY Brockport at age 19. He then did graduate work at the University of Ghana, Legon, West Africa, and also at the Brigham Hospital in Boston. Shortly thereafter, he began lecturing on the history of nutrition research and vitamin therapy, and would be in private practice as a consultant for the next 35 years.

He continued his education by winning three New York Empire State Teaching Fellowships, earning a Master of Science in 1989. Saul taught nutrition, addiction recovery, health science, and cell biology for a total of nine years for the State University of New York, and clinical nutrition for New York Chiropractic College.

He completed his non-traditional PhD in Ethology (behavioral biology) in 1995. Based on his dissertation, he created www.DoctorYourself.com in 1999. This, and his writing and

publishing the *Doctor Yourself Newsletter*, brought him to the attention of the famous Canadian psychiatrist, Abram Hoffer, MD, PhD. Saul served as a columnist for the *Journal of Orthomolecular Medicine* beginning in 2002, Contributing Editor from 2003-2006, and Assistant Editor from 2006-2010. He continues to serve on the Editorial Board of the *Journal of Orthomolecular Medicine* and of *Orthomoleculair* magazine [Netherlands].

Saul testified before the Parliament of Canada in 2005 on behalf of the safety of nutrition therapy. That same year, he founded the free-access, peer-reviewed *Orthomolecular Medicine News Service* and has served as Editor-In-Chief for over 165 issues. In 2006, *Psychology Today* named Saul as one of seven natural health pioneers. He has won the Citizens for Health Outstanding Health Freedom Activist Award, is an Honorary Director of the Gerson Institute, and is featured in the documentary *Dying to Have Known: The Evidence Behind Natural Healing* and the very popular *FoodMatters* movie. He has authored or co-authored twelve books, including four with Dr. Abram Hoffer. Saul is currently Editor of Basic Health Publications' popular *Vitamin Cure* book series, with over a dozen titles in print or in progress. Andrew Saul was inducted into the Orthomolecular Medicine Hall of Fame in 2013. He is the youngest member of this select group of internationally famous nutrition scientists that also includes several Nobel Prize winners.

Further Resources:

Go to www.AndrewSaul.com/more for links to my YouTube, Facebook and Twitter accounts.

Go to www.DoctorYourself.com for much more health information.