

Nutritional Information Websites – Excellent Information'

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New Resources on Nutritional Therapeutics
Orthomolecular, Online . . . and Free of Charge

(OMNS Dec 3, 2010) Many readers wanting to learn more about nutritional therapeutics have sent in email requests for additional information. While the Orthomolecular Medicine News Service cannot answer these individually, we offer in this issue a directory of links to online resources that may prove valuable.

Vitamin C and Cancer: What can we conclude?

Comments by Andrew W. Saul, Michael J. Gonzalez, Jorge R. Miranda-Massari, Jorge Duconge, and Fernando Cabanillas <http://prhsj.rcm.upr.edu/index.php/prhsj/article/viewFile/546/384>

Details of the Intravenous Vitamin C Treatment Protocol of Hugh D. Riordan, M.D.

<http://www.doctoryourself.com/RiordanIVC.pdf> and or
<http://www.riordanclinic.org/research/vitaminc/protocol.shtml>

Access to Specifics of Nutritional Treatment Protocols

<http://orthomolecular.org/resources/omns/v06n25.shtml>

Journal of Orthomolecular Medicine Online Archive

<http://orthomolecular.org/library/jom/index.shtml>

41 years of JOM are now available as full-text pdf downloads, free of charge.

Orthomolecular Medicine News Service Online Archive

<http://orthomolecular.org/resources/omns/index.shtml>

Online access to nearly 100 issues.

Directories for Finding a Nutritionally-Minded Doctor

<http://orthomolecular.org/resources/omns/v06n09.shtml>

Archive of Natural Health Articles, in German

[Archiv der deutschsprachigen Artikel, auf DoctorYourself.com]

<http://www.doctoryourself.com/DeutschIndizieren.html>

This project is being updated and expanded almost daily. Volunteer translators are welcome.

Orthomolecular Medicine for India

http://en.wikipedia.org/wiki/Orthomolecular_Medicine_for_India

A new Wikipedia page devoted to the benefits of nutritional medicine for emerging nations.

Dr. Frederick R. Klenner's *Clinical Guide to the Use of Vitamin C* is posted in its entirety at

http://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical_guide_1988.htm

The complete text of Irwin Stone's book *The Healing Factor* is posted for free reading at

<http://vitaminfoundation.org/stone/>

A very large number of free-access, full-text papers on curing illness with vitamin C are posted

<http://www.seanet.com/~alexs/ascorbate> .

For more information on Vitamin C:

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

<http://www.cforyourself.com>

Read Linus Pauling's complete 1968 paper on vitamin therapy at <http://www.orthomed.org/home/pauling2.html>
A 1974 Pauling paper on the same subject is posted at <http://www.orthomed.org/home/pauling.html>

Linus Pauling and colleagues show how vitamin C and the amino acid lysine may prevent and cure atherosclerosis. <http://www.internetwks.com/pauling/>

Heart Health

<http://www.health-heart.org/aFullSitePDF.pdf> is a free pdf download of a full-color book on preventing and reversing heart disease nutritionally.

Dr. Abram Hoffer explains why there is so much opposition to vitamin therapy at

<http://www.internetwks.com/pauling/hoffer.html>

Feingold Association

"Numerous studies show that certain synthetic food additives can have serious learning, behavior, and/or health effects for sensitive people." Learn what to do at <http://www.feingold.org/research.php> and <http://www.feingold.org/newsletters.php> Free email newsletter available at <http://www.feingold.org/ON.html> .

There are doctors supportive of vegetarianism, and here they are: The Physicians' Committee for Responsible Medicine <http://www.pcrm.org> . Free download of their "New Four Food Groups at <http://www.pcrm.org/health/veginfo/vsk/4foodgroups.pdf>

Nutritional Medicine is Orthomolecular Medicine

Orthomolecular medicine uses safe, effective nutritional therapy to fight illness. For more information: <http://www.orthomolecular.org>

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