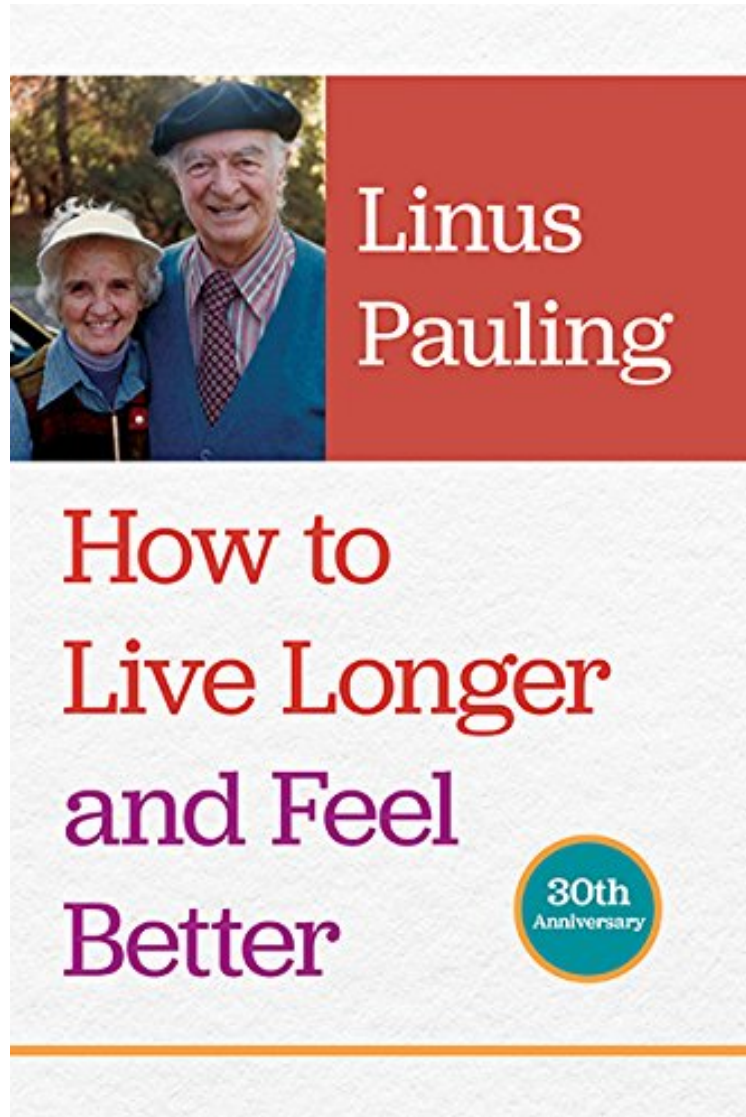


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How to Live Longer and Feel Better

Linus Pauling

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Linus Pauling : How to Live Longer and Feel Better before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Live Longer and Feel Better:

9 of 9 people found the following review helpful. Except for a few things, A+++++++By Ronald SmithA few caveats:-Milk has been shown to increase prostate and breast cancer risk (probably because of estrogen content due to farmers milking cows during pregnancy or special breeding or hormones added to feed). Linus Pauling's wife died from breast cancer and he himself died from prostate cancer (at the age of 92 though).-The dosages he lists are actually minimal, but with some vitamins, such as large amounts of niacin, it's best to always check for

toxicity.-Vitamin D should probably be at 2000IU instead of 800IU as optimal dosage.-It should be best to split vitamin dosages during the day.-Biotin and choline have been shown to be vitamins too, they should be taken with food or supplements.-Vitamin K should probably be taken too.-Large doses of pantothenic acid can block biotin absorption.-Vitamin C can destroy vitamin B12 in capsules but not food.-Cobalamin is probably the best form of vitamin B12 (who needs to take cyanocobalamin, cobalamin bound to cyanid, if one can just take cobalamin?).- Statements about saturated fat are confusing. I don't recommend taking too much of it.Otherwise, this book is amazing. You will feel like getting blown out of your chair.At our uneasy economic and environmental times, in an era of depleting natural resources, I think it's more important than ever to boost humankind's potential. As Stephen Hawking said, survival of human race itself on this planet may be questionable.****TELL YOUR FRIENDS ABOUT THIS BOOK AND ASK THEM TO TELL THEIR FRIENDS!****13 of 14 people found the following review helpful. A read that truly changed my lifeBy John C. MucciI read this book in 1986, and it truly changed my life; having had terrible allergies and headaches my whole youth (and some other ailments I needn't enumerate), Dr. Pauling's convincing arguments about Vitamin C were more than a tonic to me; large doses of the nutrient has eliminated allergies, reduced headaches to almost nothing, and kept me healthy for almost 30 years. Even when one *does* become ill--and it does happen--the regimen of first fortifying against it, then pulling back and letting your body fight it out takes much less time than not. Certainly Dr. Pauling was a pioneer, and as such more current nutrition books may have built on his findings, but this is the wellspring, and well worth reading; even better, worth following.10 of 10 people found the following review helpful. Linus Pauling is a Medical Hero!By Judge DeborahThis is one of the best natural health books I have ever read. Dr. Linus Pauling is a medical hero! I met someone a year ago who actually sat in one of Dr. Pauling's college lectures. Wish I could have been there!I have learned so much practical advice that I put into practice in my daily, every day life. Now that I have bumped up my Vitamin C intake to antibiotic and blood saturation levels, I never get a cold or the flu any more. If I do catch a sniffle, it's gone within hours, not days or weeks.All my friends that I've told about this book, who have tried Dr. Pauling's advice, tell me about their very good results. I even bought this book for my kids and gave it to them for Christmas along with a bottle of Vitamin C!Dr. Pauling lived to be over 90 years old taking megadoses of Vitamin C. If you are a skeptic, you need to read this book. You will be amazed at the amount of natural health information in this lightweight, easy-to-read paper back! This book should be required reading in every school and every home in America!

A twentieth anniversary edition of Pauling's seminal work on the role of vitamins and minerals in preventing disease and achieving optimal health.

About the AuthorLinus Pauling (1901-1994), the only individual to win two unshared Nobel Prizes, is widely regarded as one of the greatest scientists of the twentieth century. Pauling was awarded the 1954 Nobel Prize for Chemistry and the 1962 Nobel Prize for Peace. His many books include *The Nature of the Chemical Bond*, one of the most cited sources in scientific history, *General Chemistry*, and *Vitamin C and the Common Cold*.