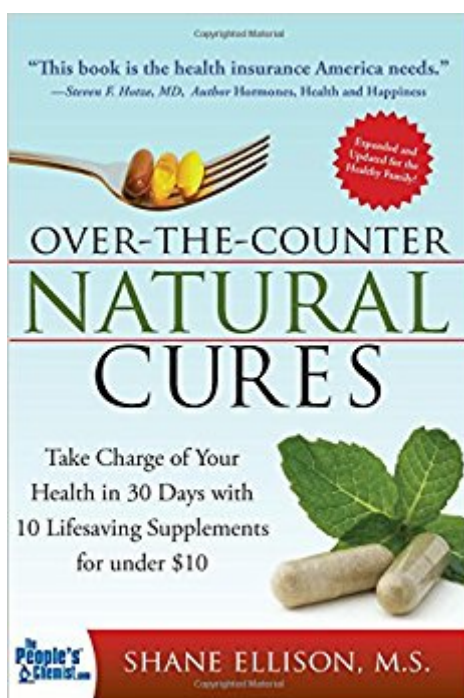


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# Over The Counter Natural Cures, Expanded Edition: Take Charge Of Your Health In 30 Days With 10 Lifesaving Supplements For Under \$10



## Synopsis

Pay Less. Live Healthier. Stop Taking Worthless Prescription Drugs and Overhyped Supplements that Sabotage Your Health. 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's 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 30 days and stay fit and lean forever! Wake Up with Younger-Looking Skin and a Stronger Heart Learn the Healthiest Alternative to Cholesterol-Lowering Drugs Get the \$8 Cure to Deadly Blood Clots and Poor Cardiovascular Function Stop Fearing High Blood Pressure Defy Obesity and Diabetes Fast

## Book Information

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## Customer Reviews

A rogue chemist turned consumer health advocate, Shane "The People's Chemist" Ellison has a bachelor's degree in biology from Fort Lewis College and a master's degree in organic chemistry from Northern Arizona University. He is a two-time recipient of the prestigious Howard Hughes Medical Institute Research Grant for his studies in biochemistry and physiology and has been a

contributor and quoted by USA Today, OnFitness, Woman's World, Women's Health, and Women's Day. He has served as guest lecturer for large corporations like BP and appeared in the award winning documentary Prescription For Disaster by Gary Null and Associates, as well as Cut, Poison and Burn by Joe Bink Films and Making a Killing by The Citizens Commission on Human Rights. Shane is the founder of ThePeoplesChemist.com, which provides hard-to-find "nutrition boosters" for optimal health and sports performance and teaches people how to activate hormone intelligence therapy (HIT) to easily and inexpensively lose fat, build muscle, and boost energy in ninety days with his The AM-PM Fat Loss Discovery. His free, monthly column is read by over 400,000 online readers.

Get it and read it.. you will be very surprised at the contents.. backs up with science, references, and a ton of eye opening information everyone should know.. take it with a grain of salt and BREATHE... start slow.. read the labels in your pantry, your vitamins and pain meds and yes even your food and personal care items and the world we live in now.Start looking and READING what is in it .. he will tell you where to get decent clean herbals suppliments or he sells his own clean brand for some things.. you are given the information and you can make choices.. start slow..READ and read it again..google if you must on some things, ingredients, you dont know.. and get your life back.. some will and some will not..we all make choices..i chose to gift this book to a couple friends as well. It is technical in spots and easy to read and a warning for sensitive folk.. he is outspoken and blunt and not politically correct. I like that sort of honesty..no snake oil fillers or fluff here.. just facts backed by science and years of experience. Get the book, read it, and use it. And check out his website for other very useful information..Good luck and thank you..

Ha-ha! I can't contain myself to give a review. I have subscribed to Shane's newsletter since he started the PC website. Shane is an outspoken people's advocate and is saving their health from the claws of allopathic toxic drugs and showing them a way to weight loss and better health. True, he sells his own supplements (which are excellent, by the way, pure and effective, but the book is for people who cannot afford them and these are suggestions of how to improve one's health for spending very little money.As for the bad reviews, I love to read them, because most of the time they start with "I am a doctor, nurse, pharmacist, I did not buy the book, but I know the book is crap, Shane is a con artist, and Quackwatch says it all" in a nutshell. Like being a doctor is an authority on health, when the truth is most people turn to alternative medicine because they get no help from their doctors. If I had listened to my doctor over the years I would be very sick if not dead by now.So

kudos to Shane for spreading the message and doing a great service to the people. If he makes money on the way, who not. His supplements are getting people off toxic drugs and returning them to good health. As for Quackwatch, anybody with a brain knows what they are about.

I'm so thankful that we have a man who will stand up for our rights as consumers, who don't deserve to be killed by Big Pharma, so they can fill their pocketbooks. The natural cures he has given in his book, work wonders. I trust his chemical knowledge to keep my family healthy. My hope is that he stays the straight and narrow and continues releasing products to fill in the holes of the things we can't find on the shelf. And more books, as he discovers more enlightening cures.

Very good information, easy read but an index would be extremely valuable. One other thing would be a chart laying out item, use, timing, amount, ...ect

Large amount of information which was not disclosed by big companies which are beneficiaries of the sick. Also has lots of information to be healthy without meds. Easy and practical advice. Highly recommended.

This book is easy to understand, and really helps with OTC recommendations for different ailments, even recommending certain brands which the author himself has both researched and inspected personally. It helped me to understand the thyroid better, and also the heart, 2 areas I have slight problems in. Valerian is helping with my sleep problems too!

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. Sadly, our bodies are contaminated with hundreds of toxic chemicals thanks to deregulation of environmental protection laws by the Bush administration, leading to even more chemical pollution of the environment. How can we help our liver eliminate these nasty substances? An herbal supplement called Milk Thistle from Spring Valley does the job. Preventing heart disease with statin drugs, Mr. Ellison tells us, is a frustrating endeavor. The drugs cause severe adverse effects, and a review of the statin drug studies shows the data has been manipulated, articles ghostwritten, and more hype than substance. For real prevention of heart disease, Mr. Ellison discards the cholesterol hypotheses as an unproven myth, and instead recommends lowering Homocysteine with a natural folic acid in Brewer's Yeast from Lewis Labs at Whole Foods, avoiding the Franken Chemical form of folic acid commonly found in cheap vitamins. Adding vitamin C in the form of acerola from Now Foods, is also part of the heart disease prevention program. For controlling blood pressure without drugs, Mr. Ellison recommends herbal Hawthorne from GNC. For people with insomnia addicted to ambien and xanax in order to sleep, Mr. Ellison recommends discarding the addictive sleeping pills, and instead use Natural Valerian Root from Spring Valley sold at Wal-Mart. For Prostate trouble, use Saw Palmetto from Puritan's Pride, or the GNC Men's formula. For improving vision, use Vitamin A. Mr. Ellison recommends fresh chicken liver high in vitamin A, or else CarotenAll from Jarrow Formulas at Vitamin Shoppe. For cancer prevention, he suggests turmeric from Jarrow Formula - Curcumin 95. For controlling blood sugar he recommends cinnamon capsules from Spring Valley sold at Wal-Mart. Mr. Ellison has no financial interest in any of these companies, so there are no conflicts of interest to report. Judging from its title, the book sounds too good to be true, yet Mr. Ellison is true to his mission, and delivers the goods, providing valuable information not otherwise available in the mass media or from supplement manufacturers thanks to the FDA Gag rule. Ellison's book covers only the first ten of thousands of supplements available on the market. He has much work to do covering the rest of them in a sequel. Jeffrey Dach MD

Content and writing were consistently good. I especially appreciated the naming of brands and where to find recommended supplements. I found it annoying that there wasn't a link at, say, the

end of each chapter leading back to the Contents, which would have enabled me to quickly read an important passage to a friend.

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Dietary Supplements & Herbs) The Home Reference to Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health

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