

Ridiculous Dietary Allowance

An open challenge
to the RDA for vitamin C

Dr Steve Hickey
&
Dr Hilary Roberts

Ridiculous Dietary Allowance

G Psacharopoulos



Ridiculous Dietary Allowance:

Orthomolecular Treatment of Chronic Disease Andrew W. Saul, Ph.D., 2014-06-01 If the word cure intrigues you this book will also High doses of vitamins have been known to cure serious illnesses for nearly 80 years Claus Jungeblut M D prevented and treated polio in the mid 1930s using a vitamin Chest specialist Frederick Klenner M D was curing multiple sclerosis and polio back in the 1940s also using vitamins William Kaufman M D cured arthritis also in the 1940s In the 1950s Drs Wilfrid and Evan Shute were curing various forms of cardiovascular disease with a vitamin At the same time psychiatrist Abram Hoffer was using niacin to cure schizophrenia psychosis and depression In the 1960s Robert Cathcart M D cured influenza pneumonia and hepatitis In the 1970s Hugh D Riordan M D was obtaining cures of cancer with intravenous vitamin C Dr Harold Foster and colleagues arrested and reversed full blown AIDS with nutrient therapy and in just the last few years Atsuo Yanagisawa M D Ph D has shown that vitamin therapy can prevent and reverse sickness caused by exposure to nuclear radiation Since 1968 much of this research has been published in the Journal of Orthomolecular Medicine This book brings forward important material selected from over forty five years of JOM directly to the reader At some 800 pages The Orthomolecular Treatment of Chronic Disease is a very large book but it is also a very practical book If you want to know which illnesses best respond to nutrition therapy and how and why that therapy works this is the book for you Part One presents the principles of orthomolecular medicine and the science behind them Part Two is devoted to orthomolecular pioneers presenting an introduction to maverick doctors and nutrition scientists in a reader friendly way that brings the subject to life Part Three brings together extraordinary clinical and experimental evidence from expert researchers and clinicians The Orthomolecular Treatment of Chronic Disease shows exactly how innovative physicians have gotten outstanding results with high dose nutrient therapy Their work is here for you to see and decide for yourself The Orthomolecular Treatment of Chronic Disease subtitled 65 Experts on Therapeutic and Preventive Nutrition is a complete course in nutritional healing for less than thirty dollars Real Cause, Real Cure Jacob Teitelbaum M.D., Bill Gottlieb, 2012-08-07 An eye opening guide that boils down common health problems to nine simple causes and offers the relief readers have been searching for An expert in combining both traditional and alternative medicine Dr Teitelbaum explains that tackling nine wholly preventable causes is the key to long term real relief from nagging health concerns Real Cause Real Cure unearths the underlying causes of more than 50 health problems steering readers toward cost effective safe and easy remedies to combat woes ranging from acne and food allergies to diabetes and cancer Readers will discover how getting a full night s rest can combat heart disease diabetes depression heartburn weight gain and chronic pain how adding exercise to one s daily routine not only prevents an expanding waistline but also wards off Alzheimer s fibromyalgia insomnia and stroke and how drugs taken to improve our health are a major culprit in why we keep getting sick This user friendly guide takes the confusion out of personal health care so readers can enjoy a life free of needless prescriptions doctors offices

and irritating health issues *Vitamin C* Steve Hickey, Andrew W. Saul, 2015-10-23 Health **Ridiculous Dietary Allowance** Steve Hickey, Hilary Roberts, 2005-03-01 Many people consuming RDA levels of vitamins are likely to suffer from deficiency disease and premature death Current official recommendations for nutrient intakes are inappropriate As this book demonstrates the recommended dietary intake for vitamin C owes more to politics and prejudice than to science Furthermore the research behind the RDA values for vitamin C is biased and insubstantial This book presents an open challenge to the government experts who support the out of date RDA approach to nutrition and thereby endanger the health of the entire population For people who value the peer review process this book was read by thousands including doctors and scientists The readers reported no significant scientific errors The authors therefore assert that the RDA and the Codex justification for low intakes of vitamin C are both invalid and indefensible *Journal of Orthomolecular Medicine* ,2008 *Journal of the American Dietetic Association* ,1987 *Food, Nutrition and Diet Therapy* Marie V. Krause, 1958 **The Patient's Desk Reference** Melvyn N. Freed, Karen J. Graves, 1994 Reference guide to sources that provide answers to medical questions including information on health organizations publications and state and federal agencies **The Great American Nutrition Hassle** Lieselotte Hofmann, 1978 *Nutrition and Exercise for Fitness and Weight Control* Robert J. Reber, 1984 **Nutrition and Diet Therapy in Relation to Nursing** Marie V. Krause, 1957 *Food Management* ,1988-07 **The Book of Inside Information** Bottom Line Books (an imprint of Belvoir Media Group LLC), 1995 **Beiträge zur tibetischen Erzählforschung** United States. Congress. Senate. Committee on Labor and Public Welfare, 1969 *Controversies in Clinical Nutrition* John J. Cunningham, 1980 *Creative Teaching in Health* Donald A. Read, Walter H. Greene, 1980 *Nutrition For Dummies* Carol Ann Rinzler, 2003-11-21 Do you want fries with that You probably know the right answer to that question from a nutritional standpoint In fact if you're among the 60% of Americans who are overweight you probably know that you should forgo the burger too But good nutrition isn't just about eating less it's about eating right whether you weigh in at 95 or 295 A perennial favorite *Nutrition for Dummies* 3rd Edition is packed with practical sensible advice on healthy eating cutting calories and finding a good nutritional balance Balance is the key word This book helps you make wise food choices and maintain a healthy weight and lifestyle You'll discover how to Interpret nutritional labels and distinguish good fat from bad Preserve nutrients when cooking Meet your nutritional needs if you are a vegetarian or a vegan Eat smart when you're eating out Select a weight loss plan that works Written by Carol Ann Rinzler the author of 20 books on food and health including *Nutrition for Dummies* and *Controlling Cholesterol For Dummies* this classic guide has been extensively updated over 25% of the material is new and covers the latest information on nutrition including The lowdown on fat and cholesterol New information on genetically engineered foods and biotechnology Clarified Dietary Guidelines for Americans including an updated list of the Recommended Dietary Allowances RDAs The scoop on energy drinks and trans fats Complete with a list of superstar foods ten easy ways to cut calories and great Web sites loaded with nutritional

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Health Reformer John Harvey Kellogg, James Thomas Case, 1876 *Circular*, 1984 *Nutrition and Human Needs*
United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1969

The Enigmatic Realm of **Ridiculous Dietary Allowance**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Ridiculous Dietary Allowance** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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