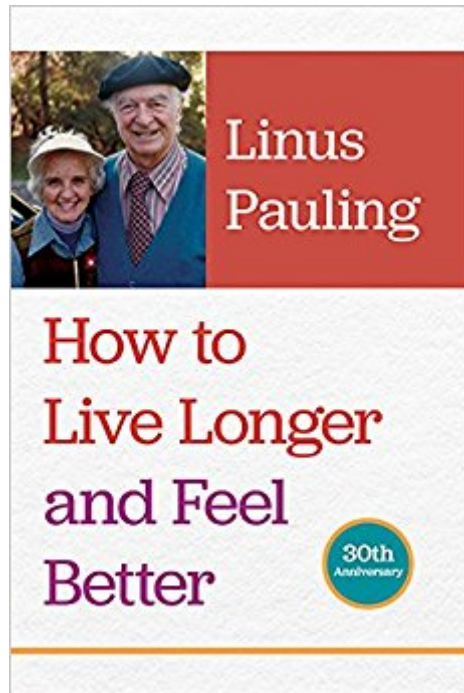




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# How To Live Longer And Feel Better



## Synopsis

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

## Book Information

Paperback: 338 pages

Publisher: Oregon State University Press; 4.1.2006 edition (May 1, 2006)

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## Customer Reviews

Linus 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*.

A 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!\*\*\*\*

I 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.

Seems like the only response MD's are programed with concerning Pauling's/Rath's discovery of the true cause of heart disease and the simple prevention and reversal or cure that they announced @ Stanford decades ago, is to claim Pauling was proven wrong earlier and hence has no validity. I had met Pauling in Palo Alto back in the 70's, and just knew better. Pauling addresses this in this book, of how he was invited on a TV show to be set up, and what really happened and the false accusations leveled at him by a no-name big pharma shill, that the TV show then immediately went to break and continued to block his promised ability to respond. Well, his response is in this book, along with a lot of other good info. He wasn't even close to being proved wrong, typical status-quo shenanigans exposed regarding that.

Are doctors really smarter than a Nobel Prize-winning chemist? This book contains considerable information on various vitamins (especially Pauling's favorite, Vitamin C) and many diseases that are cured by large quantities of one or more nutrients. He discusses the blindness of medical researchers who cannot believe that G-d's or Evolution's substances could possibly be more effective than something invented and produced in laboratories. They twisted what the research actually showed and claimed that supportive data debunked the whole idea. You have to read the book to find out how bad it gets. The book is very old, so it has almost nothing on Vitamin D, Vitamin K2, CoQ10, PIQQ or other more recent discoveries. But the substances it does report on are a

half-billion years old, so that information is classic, still current. Buy and apply this book and you will still feel better and live longer. Dr Pauling himself lived with enthusiasm into his 90's.

Wonderful Linus Pauling - died in his 90s - gives his secret to long life and better health - based on research based work with vitamins and minerals - GREAT BOOK. Your doctor will never tell you these easy health tips as they are only trained by pharma and not in nutrition.

This 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!

Gives a great overview of the vitamin C science at the time of Dr. Pauling life. Although it is already a quarter century, most doctors do not know these info that could help so many diseases very quickly when administered early enough (and especially intravenously). I have seen even oral high dose vitamin C work so many times! A valuable book for everyone interested in non-toxic medicine.

Dr. Pauling is brilliant and his passion for healing is awesome. The info he provides in this book is backed by his years of experience on Alternative Healing. This is a "must have" for everyone interested in Natural, organic methods to heal your body. Especially in this day & time. What a Blessing Dr. Pauling is.

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