



# Dr. Atkins' Vita-Nutrient Solution: Nature's Answer to Drugs

By Robert C. Atkins

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**Dr. Atkins' Vita-Nutrient Solution: Nature's Answer to Drugs** By Robert C. Atkins

## THE HEALING POWER OF NUTRITIONAL SUPPLEMENTS

Long a champion of complementary medicine and nutritional therapy, Dr. Robert Atkins, author of the #1 best-seller *Dr. Atkins' New Diet Revolution*, presents the scientific basis for the use of vitamins, minerals, amino acids, herbs, and hormones in the treatment and prevention of many of the chronic illnesses that plague us today. These vita-nutrients harness the body's ability to heal itself, rather than resorting to conventional drugs and invasive procedures, and address the true causes of disease instead of temporarily alleviating symptoms, promoting longer-lasting and more effective healing.

In this comprehensive guide, Dr. Atkins shares vital information on more than 120 supplements, including:

1. The specific restorative powers of each nutrient
2. How to determine the optimal dosage schedule
3. How to obtain supplements that are new to the market or are available only in limited supply
4. The formula for a basic foundation of vita-nutrients that almost everyone needs every day

Best of all, Dr. Atkins shows you how to create a personalized program to help improve or regain your health by using combinations of nutritional supplements specifically designed to help cure or prevent more than fifty common medical conditions, including arthritis, cancer, diabetes, heart disease, or infections. Backed by cutting-edge scientific research, his recommendations are both safe and effective.

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