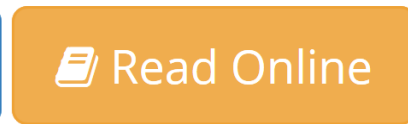


# What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You

By Ray D. Strand



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**The impact of nutritional medicine has had a dramatic and controversial--but documented--impact on the lives of Dr.Strand's patients and can now change readers' lives too.**

When Dr. Ray Strand found himself in a losing battle, unable to successfully treat his wife who had suffered chronically with pain and fatigue, he agreed to try the regimen of nutritional supplements that a neighbor suggested. Much to his surprise, his wife's condition began to improve almost immediately. That amazing turn of events led him to dedicate himself to researching alternative therapies in medicine, particularly in the arena of nutritional supplements.

Dr. Strand's illumination of the body's silent enemy-oxidative stress-will astound you. But, more importantly, his research will equip you to protect or reclaim your nutritional health, possibly reversing disease and preventing illness.

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### Editorial Review

From Publishers Weekly

South Dakota-based Strand, a general practitioner for nearly a quarter century, turned his attention to nutrition in the mid-90s when traditional medical approaches failed to help his wife's chronic fatigue. In his authorial debut, Strand preaches vitamins, minerals, fatty acids and other nutritional supplements with the zeal of a new convert. His opponents are formidable: the government, food suppliers and the medical establishment who, Strand says, disregard evidence that the RDA recommendations are inadequate to supply us with the weapons to fight chronic diseases. Chapters cover "Oxidative Stress and Your Eyes," "Cellular Nutrition" and "Homocysteine: New Kid on the Block," among other ailments and panaceas. Despite the alarmist title, those who suffer from or are at risk for heart disease, diabetes, cancer, auto-immune disorders and lung disease may want to weigh the evidence for themselves; Strand's book is designed to provide an alternative perspective that aids in doing so, though it also includes various supplemental regimens he has devised. His message, after all, is fundamentally a simple one: let's protect and care for our bodies, Strand says, and "may we all live until we die."

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### About the Author

Ray D. Strand, M.D., graduated from the University of Colorado Medical School and finished his post-graduate training at Mercy Hospital in San Diego, California. He has been involved in an active private family practice for the past thirty years, and has focused his practice on nutritional medicine over the past seven years while lecturing internationally on the subject. Dr. Strand lives on a horse ranch in South Dakota with his lovely wife, Elizabeth. They have three grown children.

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