



# Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10

*Shane Ellison*

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## **Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10** Shane Ellison

- Your No Nonsense, Alternative Health Bible from The People's Chemist**
- Filled with valuable, practical and proven alternative treatments**
- 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-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

## **Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Details**

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Author : Shane Ellison

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## **From Reader Review Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 for online ebook**

### **Joseph says**

This book has had a massive influence on how I see health and my own contribution to stay healthy and fit. I always had a deep distrust towards drugs and cures created in pharmaceutical labs. When my doctor prescribed a daily dose of Allopurinol to get the high uric acid levels down, I started to research on the side effects of this drug and uncovered horror stories beyond one's imagination. This book has given me so much guidance and information to control my polyarthritis, a form of inflammation that I was able to completely stop with Omega-3 supplements, turmeric, and other antioxidants. This book has been instrumental to take control of my own health and stay completely drug-free.

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### **Vivian Ruble says**

Everyone should read this book! I would give it more stars if possible. You owe it to yourself and the ones you love to learn this information to achieve better health. Shane is an Organic Chemist who used to work for a big Pharmaceutical company. What you don't know (and won't learn) CAN hurt you!!! Very enjoyable reading, too! He has a way with explaining things that everyone can understand.

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### **Georgia Thomlison says**

#### **Educated and still sensible!**

Very enlightening, I had no idea so many drugs were that bad for you. I guess we should know that by all the side effects. I personally like natural remedies better. This will be a resource I go back to over and over. If you like to know how to take charge of your health, this is the book for you.

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### **janjones says**

I liked this informative book and a lot can be gleaned from this it. I didn't need all the case studies but those new to this kind of book will probably enjoy it. I got it to find out about the best supplements without fillers and extra money. Big pharma is covered along with supplement mfg.s for various supplements.

This book delivers for those on heart, anxiety, prenatal, high blood pressure, diabetes, cancer meds etc. It is informative and gives references and web pages for assistance.

I keep referring to it all the time. I recommended it to others and they liked it as well and use it as a reference too. Being informed is a good thing, get the book.

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### **DoubleM says**

I have been a vitamin addict for the last 50 years of my life, mostly guided by Earl Mindell's "New Vitamin Bible." I am over 80, still have all my body parts, including all my teeth and my tonsils; when my friends see me, they continue to be amazed at how healthy I am, and I attribute it all to vitamins.

"Over the Counter Natural Cures" was recommended by a trusted friend and I got a real benefit from it. I was not formally instructed in biology or chemistry, but "OTC Natural Cures" explains, in those terms, a lot of what I have been doing and what else I should be doing. Mr. Ellison presents a sensible plan for taking care of one's health and explains a lot of how the body chemistry reacts to all chemicals, including prescription drugs, which are really a danger to life and limb - he details how Mother Nature's "OTC Natural Cures" are much better, and a whole lot safer, for human beings who wish to continue to enjoy this time and space.

**HIGHLY RECOMMENDED!**

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### **Kristin says**

Amazing book!!!

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### **amanda. says**

Got this for free and pretty much hate-read half of the book hoping it would get better. It didn't, so I stopped reading. All the poor writing and exclamation points aside (fun idea: play a drinking game wherein every time you encounter an exclamation point you take a drink. You might be dead by page 10, however), I'd wager Shane Ellison purposefully writes to the type of person who has little to no science training. It shows. I'd also wager he banks on the fact that no one will try to check the studies he cites. You should actually read the studies yourself and you'll get more out of it. Plus, they don't have Mr. Ellison's condescending tone and anecdotes that read like propaganda.

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### **Erin Jones says**

Inaccurate.

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### **Alana says**

I really enjoyed the information presented in this book. It was an eye opener. I learned quite a bit of new information. Some of the shockers were that MSG was created to cause normal rats to have diabetes for understanding diabetes in humans. Another is that Splenda was invented as an insecticide that disrupts and destroys the DNA. I was enraged with all of the information I learned about the big pharma companies, cover-ups, and how the data, or information gets altered. This book is written by a former chemist for the big pharma companies. He doesn't just spout off information, he carefully documents all of the studies and information. The reader can personally check anything he says, because it's so well documented, to verify that it is the truth. He explains the chemical composition of certain supplements and explains why they work.

He also has personally paid for verification on certain supplements that you can see on his website. The authentic verification shows that there is no added fillers or weird stuff in the supplements he recommends. Better still, the supplements are extremely cost effective and can be purchased at a local store, such as Walmart. The only drawback is that the author is sometimes condescending and arrogant. This comes through in his writing. Personally, he sounds like a rude and uncompromising individual who thinks he's funnier than he actually is. However, for me, this doesn't change his presentation and the wealth of good information that he presents in this book. This is why I gave it a five star rating.

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### **Robin Martin says**

This book should be in every mom's library of go-to books about common sense ways to take care of the family.

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### **Karenwoolford27 says**

Good information, seems well-researched. I'd prefer a more formal type of writing, but that's a small complaint. The important thing is the information presented. It has inspired me to try some of the remedies recommended. I am particularly interested in how to choose the appropriate supplements, and how to safely wean yourself off the prescribed meds you are taking. I do believe that what he says is true: the big pharmaceutical companies are more concerned with lining their pockets than with improving consumer health.

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### **Darlene says**

This is a pretty good "reference" book. I found it interesting and quite informative. I finished it right away the first time around, but I keep going back and re-reading certain sections. In fact, I've purchased a couple more as gifts - one for my daughter. If you're into a more natural way, or even if you're not, I think you'll find this at least a read to make you think. I do recommend it.

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### **Juanita Thomas says**

#### **Shane "The people's chemist"**

Shane has written a great book. It is very informative and easy to read. I appreciate his sharing of knowledge.

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### **Joni says**

In our fast paced world of processed and fast foods, the National Center on Health Statistics estimates the result is 90% of the US population is nutrient deficient. These deficiencies result in disease; often life threatening and chronic. In his book Ellison, aka "The People's Chemist" gives great practical information on

inexpensive supplements that anyone can incorporate into their lives to maintain their health and avoid chronic issues. This book is written in easy to understand language and Ellison explains biochemistry in the simplest of terms so even the novice can understand easily. My only complaint about the book is that it has no index.

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### **John Sandstrom says**

#### **Finally a book that**

Tells the truth about meds, supplements, diet and exercise! Every doctor should be required to read this book! They've been brainwashed by pharmaceutical industry and mainstream media hype. Prescription drugs should be for emergency use only yet we get them like candy, thanks to big pharmaceutical companies bribing doctors and nonstop ads

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