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Andrew Saul, Ph.D., is contributing editor for the Journal of Orthomolecular Medicine. A biologist and teacher by training, Dr. Saul has been a consulting specialist in natural healing for more than twenty-five years, helping medical doctors' problem patients get better.

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Dr. Saul has published over 150 reviews and editorials in peer-reviewed journals. His internationally famous website is Doctor Yourself.com, the largest non-commercial natural healing resource on the internet.

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Natural healing is not about avoiding doctors. It is about not needing to go to doctors. A dentist is not upset if you are cavity-free. A doctor should not be upset if you are healthy. The idea is to be well. The first step is wanting to be. The old Chinese saying is "When you are sick of sickness, you are no longer sick."

~~DoctorYourself.com: Andrew Saul's Natural Health Website~~

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Menopause has been medicalized into a disease. It is not. Just as menarche (the start of menstruation) is a natural process, so is its cessation also a natural process. The symptoms we associate with menopause still need to be addressed, of course, but perhaps from a slightly different angle.

~~DoctorYourself.com~~

Doctor Yourself: Natural Healing That Works by Saul, Andrew at AbeBooks.co.uk - ISBN 10: 1591200334 - ISBN 13: 9781591200338 - Basic Health Publications - 2003 - Softcover

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