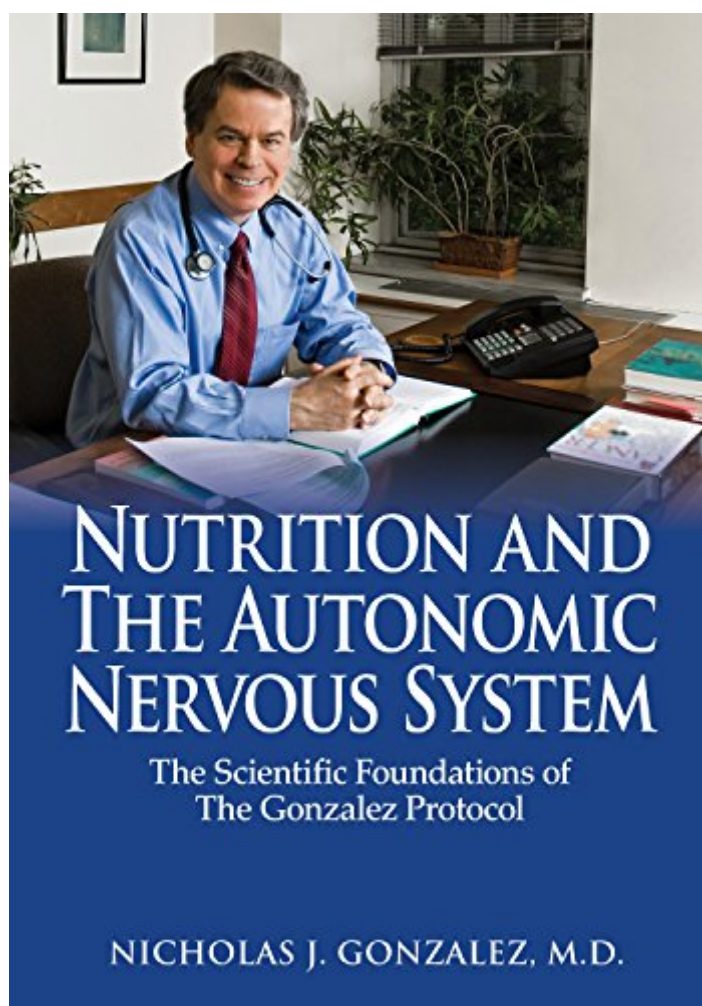


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# Nutrition And The Autonomic Nervous System: The Scientific Foundations Of The Gonzalez Protocol



## Synopsis

The Scientific Foundations of the Gonzalez Protocol In this groundbreaking book, Nicholas Gonzalez MD (developer of The Gonzalez Protocol for the treatment of cancer and many other degenerative diseases) explains the importance of nutrition in maintaining and restoring the autonomic nervous system balance that is so crucial to good health. He describes how individual variation in nervous system function means that different individuals require different types of diets (ranging from largely raw food and vegetarian to diets high in fatty red meat, and every variation in between) in order to achieve good health. Drawing upon more than twenty-five years of private practice in New York, and prior research by Drs. Pottenger, Gellhorn, and Kelley, he also explains why nutritional supplementation protocols similarly need to be individualized for optimal autonomic nervous system function. While this book is not a how-to manual, reading it will help you better understand how to maintain or improve your own health—or, if you are a health professional, to better assist your patients to remain healthy or recover from illness—without potentially harmful medications. Discover the secret of how different nutrients regulate the nervous system. Have you ever wondered why “one size fits all” diets don’t work for everyone? We are all unique individuals. Learn how a personalized diet and nutritional supplement program promotes good health by balancing the functions of the autonomic nervous system.

## Book Information

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## Customer Reviews

If you truly care about optimizing your nutrition for optimal health, you need to read this book. This book summarizes decades of scientific research and patient treatments based on the foundational principles of how the autonomic nervous system works. It shows once and for all that we are not alike and there are definite distinctions in autonomic nervous system function between us. Those operating differences influence what foods, supplements and diet are optimal for helping us operate in a healthy, balanced mode. This book explains the different types and provides high level guidance regarding what foods and supplements work for each type. Leave behind any notion you have that there is a "one diet fits all" approach to health. Ever wonder why you can tolerate citrus fruits but your friend can't? Or why you don't feel well after a heavy meat dinner but your friend can't live without it? Or why your friend can't tolerate Magnesium supplements even though they are supposed to be good for you? This book explains why. I have followed the work of Dr. William Kelley, Dr. Pottenger and Dr. Nicholas Gonzalez for many years. I have read each of their individual books. Dr. Gonzalez did a fabulous job taking the key principles from the research of each of these Doctors and putting it into a very readable and understandable format that can be consumed by a lay person. This is a must read for anyone who is serious about applying nutritional principles for optimizing health.

Despite curing thousands of patients or terminal diagnoses of cancer, the genius and radicality of Dr. Gonzalez has yet to be truly discovered. Gonzalez offered the world a true alternative cancer cure for the modern age, one that is accessible, being that it is lifestyle and supplement-based, and effective, with historical and modern science to support its undoubted effectiveness. In this way, the Gonzalez Protocol is a marriage between conventional and alternative medicine, with the scientific rigor of experimentation, mechanism, and theory of the former and the holistic, individualized, natural, noninvasive, and practical approach of the latter. Perhaps the most intriguing aspect of the Gonzalez Protocol is the individualization of diet based on anthropology, biochemistry, and autonomic physiology. Nowhere, even in alternative circles, is there a dietary approach that is so comprehensive and clinically relevant. I have searched far and wide for a more thorough explanation of the historical and scientific background of this wonderful paradigm of nutrition, and

with this book, my search is over. I recommend this book to all medical practitioners who are serious about using nutrition clinically, as well as anyone who suffers the confusion of modern dietary dogmas that overgeneralizes nutritional recommendations and reduces nutrition to its biochemical components without a large understanding of the whole. Gonzalez's work may challenge much of what people think they know about nutrition, physiology, and medicine.

One of the most common questions I encounter is, "Where can I learn more about Dr. Gonzalez's work?" Well, here it is. This book details the foundational premise of his paradigm-shifting approach to healing degenerative and terminal illnesses. His writing feels like a friend's voice and his wisdom feels like the teacher we most need in this time of confusion around the true potential for regeneration and radical healing. This book is a powerful contribution toward the legacy of the most important figure in modern medicine. A legacy that will never die.

As a patient I found this book extremely helpful, it explains the science behind the protocol that he uses in a way that made a lot of sense to me. It has helped me to understand why it works and just how important it is to balance our autonomic nervous system to be well.

Well written, informative, though rather technical. Might be best suited to a healthcare professional or someone highly interested in scientific theories or methods. That being said, I (not in healthcare but interested in good health) found this fascinating and will use many of the diet tips for my particular metabolic type.

This book is amazing. I have long suspected that my autonomic nervous system was imbalanced, leaning more toward the sympathetic side than the parasympathetic. I now understand why I have had the issues that I have had over the years. The book is written in an easy to understand way and is well-researched and documented. I cannot say enough about it. I finally understand why my autonomic nervous system has functioned the way it does and how I can compensate for some undesirable aspects of it.

It is very rare that new and a very different approach to a disease that has probably been part of us since our inception is accepted by clinicians who blindly treat cancer with chemotherapy and radiation. Dr Gonzalez was truly brilliant

He was my Physician for over 20 years. Miss him a lot. Glad that this book is available it has a wealth of information in it. Thanks Nick for still helping us and I will see you soon tell JC I said hi and can't wait for his soon return.....Maranatha

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