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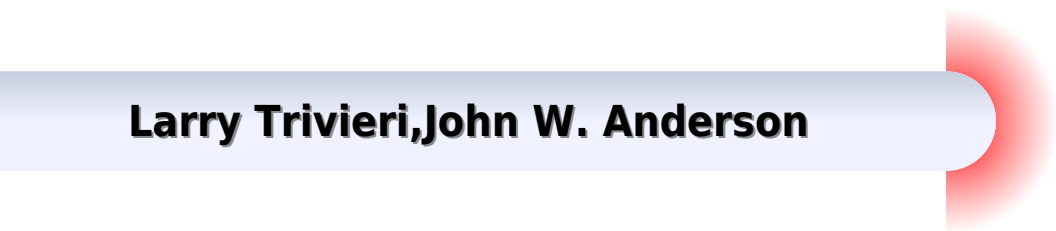


HEALING
AT YOUR
FINGERTIPS

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Body Reflexology Healing At Your Fingertips Revised And Updated Edition

Larry Trivieri, John W. Anderson



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Healthy Body, Peaceful Mind, Awakened Spirit. Helen Birnbaum, 2017-06-15 Healthy Body Peaceful Mind Awakened Spirit provides powerful tools for achieving excellent health tranquility of mind and connection to spirit It discusses food allergies alternative therapies mindfulness meditation relationships parenting of adolescents the law of attraction and the power of our thoughts on the quality of our lives Concepts such as the role of energy and electricity in the body are explained in simple language Some of the latest findings in science are described touching on quantum physics and epigenetics There are also chapters on religion and the esoteric thus blending science and spirituality The book quotes numerous reports of contact with the spiritual realm and provides evidence for the continued existence of the soul after the death of the body The world of spirit is gradually being revealed to us through channeled information which is empowering as it is given with a profound understanding of the human condition The bridging of science and spirituality contributes to a deeper understanding of the world we live in and of supernatural phenomena This book presents in part the authors own journey toward discovering the tools available to us for living skillfully Helen shares her insights and hope for a better future for our planet as revealed in teachings from the other side

Alternative Medicine Resource Guide Francine Feuerman, Marsha J. Handel, 1997 Contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities

Healthy Healing Linda Page, 2004-09 The Ultimate Resource For Improving Your Health Naturally Over 1 million copies sold In its first edition nearly 20 years ago Dr Linda Page s book Healthy Healing was the only one of its kind Now updated and expanded Healthy Healing is still the easiest to use bestselling natural health reference book on the market Customize your own personal healing program using natural therapies for more than 300 ailments through diet whole herb supplements and exercise Live Longer feel better and look better naturally

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Sacred Practices for Conscious Living Nancy J. Napier, 2016-06 Now nearly two decades later Napier is ready to share more of her own life story while returning to the subject she was first introduced to by her grandmother As she comes again to the topic that pervades her life story she focuses on several themes including the importance of experiencing a sense of meaning in life the sacred nature of all beings and life itself the belief that everything is an essential part of the full expression of one life both individually and collectively and that we inherently draw from an underlying wholeness the power of what it means to be aware in the present moment and the fact that suffering is part of everyday life and we can learn to move through it Napier explains that once we recognize our place within collective consciousness and focus on compassion and mindfulness we can begin to experience more directly the interdependence and interconnection underlying our place in the universe

Alternative Medicine, Second Edition Larry Trivieri, John W. Anderson, 2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States Alternative Medicine The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world s leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof Highlights dozens of actual patient stories and physician treatments

Healthy Healing Linda G. Rector-Page, 1998 The latest information on preventive therapies and natural healing Over 1 2 million copies sold

New Choices In Natural Healing Bill Gottlieb, 1999-07-22 The first book to take alternative medicine out of its mystical fringe and into the mainstream New Choices in Natural Healing features more

than 20 unique alternative remedies for each of 160 health problems from acne to wrinkles plus practical explanations of 20 natural therapies from aromatherapy to vitamin therapy Including 440 illustrations New Choices in Natural Healing also covers Acupressure pinpoint pain relief Aromatherapy relieve stress and tension Ayurveda a customized system of better health Flower Therapy heal the mind and the body will follow Food Therapy harness the power to erase disease Herbal Therapy a healing partnership with Mother Nature Homeopathy medicines perhaps more powerful than prescriptions Hydrotherapy bathe yourself in natural healing Imagery picture yourself perfectly healthy Juice Therapy the curative essence of fruits and vegetables Massage hands on healing for yourself and your family Reflexology speed restorative energy to organs and body parts Relaxation and Meditation achieve a higher state of health Sound Therapy soothe your body with music s gentle waves Vitamin and Mineral Therapy natural prescriptions for healing Yoga stretches for better health

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