

Body Wisdom Light Touch For Optimal Health

Deanna M. Minich

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Body Wisdom Sharon Giammatteo, 2002-08-09 Sharon Giammatteo teaches readers a self healing method that can return life to areas deadened by shock or trauma The technique is based on the Neurofascial Process a calculated laying on of hands and subsequent release of emotional and physical pain The author widens her scope to include any pain strain or fracture and extensive illustrations make the process simple and rewarding The Better Bladder Book Wendy L. Cohan, 2011-02-15 Bladder problems affect millions of people yet few are comfortable publicly or openly discussing their symptoms making it difficult for patients with bladder disorders to obtain the support and resources they need Those who ve been diagnosed with interstitial cystitis IC or chronic pelvic pain are often told that there is no cure for their ailments Indeed standard treatments used with these conditions are not always effective or lasting As a result many people with bladder problems are looking for comprehensive information and alternative options for recovery Wendy Cohan wrote The Better Bladder Book to give people who suffer from bladder problems more options She guides readers to bladder wellness by emphasizing lifestyle changes and self treatment A week by week approach begins with an understanding of the diagnosis leads to discovering the factors that cause or exacerbate symptoms and ends with implementing the changes needed to reduce symptoms and recover bladder health Cohan introduces the book with a description of the anatomy and function of the urological system and the assessment diagnosis and treatment of typical bladder problems She explains how diet affects the bladder including the role of food sensitivities allergies and intolerance She creates handy lists of healthful and harmful foods and offers a selection of diets to try especially allergy elimination gluten free and anti inflammatory diets Optional weekly meal plans are included Like all aspects of health bladder health is improved by daily exercise good rest and a reduction of stress Cohan describes the benefits of regular exercise on bladder symptoms its role in stress and pain reduction boosting the immune system controlling inflammation and alleviating depression Stress reduction techniques are also emphasized Finally Cohan supplies tips for a better night's sleep including practicing good sleep hygiene additional relaxation exercises and the use of calming herbal teas Cohan's goal is to leave no stone unturned in the guest for bladder health With the diet exercise sleep and relaxation techniques described in the book the thorough description of medical treatments and procedures and the question and answer section and other resources readers should have all the information they need to start their own journey toward better bladder health A Guide to Body Wisdom Ann Todhunter Brode, 2018-06-08 Your Body is Listening Are You Deepen your spirituality heal old wounds and enhance your emotional and physical wellness by engaging in a conversation with your body This innovative down to earth guide teaches you how to listen to understand and work with your body s innate wisdom in everyday living A Guide to Body Wisdom provides step by step instruction on how to create a personalized self care regimen that works You ll learn to quiet your mind and live consciously in your body through a variety of practices including breathwork mindful eating meditation affirmation and positive habit

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Whispering the Secrets of Language: An Mental Quest through Body Wisdom Light Touch For Optimal Health

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