

THE COMPLETE HOLISTIC WELLNESS HANDBOOK

HERBAL MEDICINE. AROMATHERAPY. YOGA. AND AYURVEDA
FOR VIBRANT HEALTH AND INNER HARMONY



BENZ JOE

The Complete Handbook Of Holistic Health

Michael C. Moore, Lynda J. Moore



The Complete Handbook Of Holistic Health:

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The Complete Handbook of Holistic Health Michael C. Moore, Lynda J. Moore, 1983 Abstract The potential and limitations of 15 popular and effective holistic healing methods are examined for the general public Holism as a philosophy is explored and the quality and personal suitability of various holistic treatments are discussed The view is taken that true holistic approaches to health do not stand in opposition to conventional medicine Detailed practical advice and background information is offered on specific alternative healing methods e g nutritional therapy acupuncture chiropractic therapy meditation the use of herbs psychic therapy dream therapy music therapy wz

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