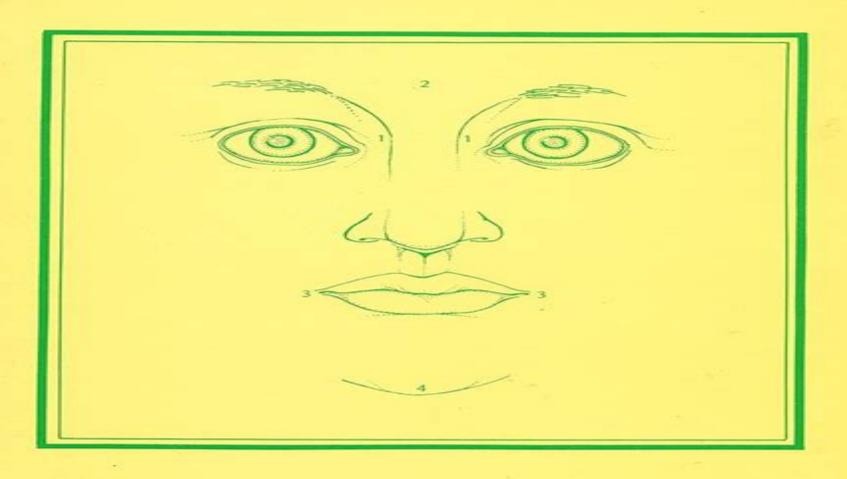
# THE HANDBOOK OF ALTERNATIVES TO CHEMICAL MEDICINE



Mildred Jackson, N.D. / Terri Teague, N.D. (G.B.)

# **The Handbook Of Alternatives To Chemical Medicine**

**Rachel Sandford** 

## The Handbook Of Alternatives To Chemical Medicine:

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natural remedies for each illness As in her previous books Diane Stein emphasizes self healing simplicity and a return to the Acupressure's Potent Points Michael Reed Gach, PhD, 2011-11-09 With your hands you have ways of the earth potential to relieve everyday aches pains and ailments without taking drugs to improve your health and to increase your vitality Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that in turn activate the body's natural self healing processes With this book it is a skill you can learn now and use in your own home In Acupressure's Potent Points Michael Reed Gach founder and director of the Acupressure Institute of America reveals simple techniques that enable you to relieve headaches arthritis colds and flu insomnia backaches hiccups leg pain hot flashes depression and more using the power and sensitivity of your own hands This practical guide covers more than forty ailments and symptoms from allergies to wrist pain providing pressure point maps and exercises to relieve pain and restore function Acupressure complements conventional medical care and enables you to take a vital role in becoming well and staying well With this book you can turn your hands into healing tools and start feeling good now A Book Willewanka, 2011-11 The work contained in a book a journey into Love leaves few stones unturned on discussions about the self self interests and reaching out the helping hand to other s in turn the dynamics are of unconditional love letting go of obstacle s to its discovery and the sense of gratitude which follows such an adventure Many people's stories have been influential in this study namaste and thank you to **Food and Healing** Annemarie Colbin, 2013-01-30 Yes you are what you eat For everyone who wonders why in this era of advanced medicine we still suffer so much serious illness Food and Healing is essential reading An eminently practical authoritative and supportive guide to making everyday decisions about eating that can transform our lives Food and Healing is a remarkable achievement Richard Grossman Director The Health in Medicine Project Montefiore Medical Center Annemarie Colbin founder of New York s renowned Natural Gourmet Cookery School and author of The Book of Whole Meals argues passionately that we must take responsibility for our own health and rely less on modern medicine which still seems to focus on trying to cure rather than prevent illness Eating well she shows is the first step toward better health Drawing on an impressive range of thinking from Eastern philosophy to current medical journals Colbin shatters many myths not only about the Standard American Diet but also about some of the quirky and unhealthy food fads of recent years What emerges is one of the first complete works on How food affects our moods The healing qualities of specific foods The role of diet in preventing illness How to tailor a diet approach that is right for you I recommend it to my patients It s an excellent book to help people understand the relationship between what they eat and how they feel Stephen Rechtstaffen M D Director Omega Institute for Holistic Studies Have a look at this important well thought out book Bon Appetit Healthy Healing Linda G. Rector-Page, 1998 The latest information on preventive therapies and natural healing Over 1 2 million copies sold

**Meditation, The Complete Guide** Patricia Monaghan, Eleanor G. Viereck, 1999 In this revised edition of Maps to Ecstasy Gabrielle Roth expands on the themes that have guided her ways of transforming daily life into sacred art Her work

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