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How To Use Your Mind To Heal Your Body Nadya Andreeva

Interview With Dr. Lissa Rankin. Last week I shared my experience of writing my own prescription. It was a great reminder that my body know what it needs to feel vibrant and healthy. If you want to learn to write your own prescription, order Lissa s Rankin new book Mind Over Medicine.. While you are waiting for your book to arrive, I have a very special interview with Lissa to keep you

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How to Heal Yourself by Talking to your Body We Are One

Every part of your body has its own consciousness or its own soul. These transformative words, spoken by indigenous medicine women, began my journey within to discover the extraordinary healing capacity of the human body.

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Japanese Water Therapy Heal Your Body Naturally Humans

1. As you wake up in the morning before brushing teeth, drink 640 ml (21.6 oz) of water; - The water must not contain fluoride; - There is another version of this therapy on Yahoo! News, but they recommend drinking in the morning 1.5 liters (50.7 oz) of water.

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9 Steps to Perfect Health 5 Heal Your Gut Chris Kresser

Hi Eleanor and Grace! When you have acid reflux it means you don't have enough acid in your gut! So taking antacids only make it worse in the long term since it reduces acid in the stomach stomach acid is one of our main defenses against undesirable bacteria that enter the body through the mouth.

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