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## Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being (Paperback)

By Elaine R. Ferguson

HEALTH COMMUNICATIONS, United States, 2013. Paperback. Condition: New. Language: English. Brand new Book. From Hippocrates in ancient Greece to the medical healers of today, the impact that the mind-body connection has had on overall health has been widely recognized. And while advancements in technology are vast, the constraints of conventional medicine are an impediment to successfully preventing, reversing, or addressing the causes of chronic diseases-diseases such as diabetes, high blood pressure, obesity, arthritis, acid reflux, cancer, and more. At times, these advancements have even proven fatal. In Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being, Dr. Elaine Ferguson uses an integrative approach to healing as a way of eradicating the physical, emotional, psychological, and spiritual limitations-illustrated from the real-life stories she has witnessed throughout her medical career-that lead to chronic diseases and imbalance. Throughout Superhealing, readers will explore the truth about genetics and disease; the central role and significance stress has on the mind-body connection, as well as the distinctions between feelings, thoughts, and emotions and how both positive and negative emotions factor into one's health. Readers will also discover: The power of a plant-based diet and the true dangers of processed food The impact...



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