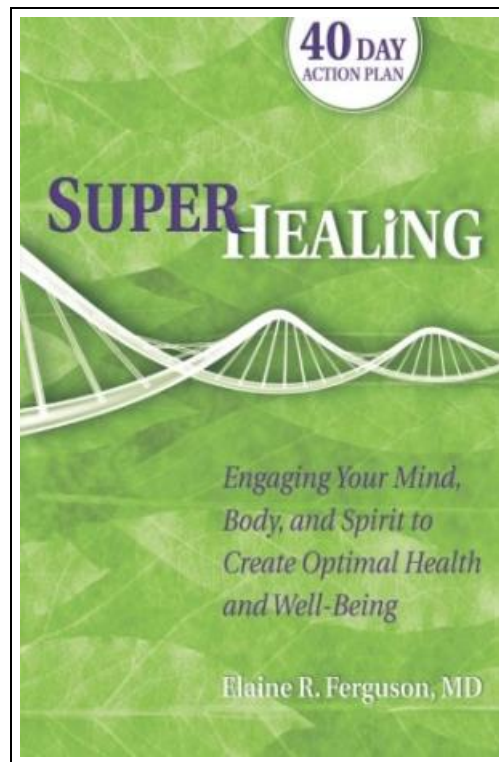


Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being (Paperback)



Filesize: 3.42 MB

Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.
(Letha Okuneva)

SUPERHEALING: ENGAGING YOUR MIND, BODY, AND SPIRIT TO CREATE OPTIMAL HEALTH AND WELL-BEING (PAPERBACK)



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 healthy relationships have on the body The significance of vitamin D3, omega 3 fatty acids, antioxidants, critical minerals, and vitamin B complex Why exercise should be the readers' superhealing "drug" of choice The superhealing power of touch-particularly massage and reflexology Toxic environmental factors such as the health-damaging chemicals present in most personal care and cleaning products and how to reduce or eliminate them How laughter, meditation, guided imagery, cognitive reprogramming, journaling, forgiveness, and gratitude affects one's health How spiritual beliefs and practices, isolation, and adversarial relationships contribute to physical and psychological decline Once the groundwork is complete, readers will construct...



[Read *Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being \(Paperback\)* Online](#)
[Download PDF *Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being \(Paperback\)*](#)

Relevant Kindle Books



Minecraft Guide to The Nether and the End: An official Minecraft book from Mojang (Hardback)

Egmont UK Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English. Brand new Book. Now that you've mastered the Overworld, the time has come to brave the perilous Nether and End dimensions. But survival will...

[Read](#) [PDF](#)

»



The Little Book of Yes: How to win friends, boost your confidence and persuade others (Paperback)

Profile Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Main. Language: English. Brand new Book. From the authors of the international bestseller Yes! This travel-sized handbook will become your go-to key for ensuring that the world...

[Read](#) [PDF](#)

»



Hacks for Minecrafters: Combat Edition: The Unofficial Guide to Tips and Tricks That Other Guides Won't Teach You (Hardback)

Skyhorse Publishing, United States, 2014. Hardback. Condition: New. Language: English. Brand new Book. From the author of Hacks for Minecrafters and Hacks for Minecrafters: Master Builder comes the most encompassing guide ever to combat in...

[Read](#) [PDF](#)

»



Writing Survival Kit: Everything You Need to Conquer the College Application Essay (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. If you are like most students, college admissions essays push you into the scary, uncharted territory of writing about yourself....

[Read](#) [PDF](#)

»



Genuine new book Essentials of Leadership: Principles and Practice (4th Edition) (U.S.) Shiliboge. (U.S.(Chinese Edition)

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-05-01 Pages: 280 Publisher: Welcome to Our Publishing House of Electronics Industry....

[Read](#) [PDF](#)

»