



## The Four Pillars of Healing: How the New Integrated Medicine- -the Best of Conventional and Alternative Approaches- - Can Cure You

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By Leo Galland

Random House, 1997. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: A noted physician and medical detective introduces a revolutionary four-tier plan to heal body and spirit and speed recovery from illness. Leo Galland, M.D., a pioneer like Andrew Weil and Bernie Siegel in the field of "integrated medicine", argues it's time to reclaim the lost art of healing through "patient-centered diagnosis" -- seeing each patient as an equal participant in treatment. Dr. Galland helps readers recognize the mediators, triggers, and antecedent events that affect their health. They then use the "four pillars of healing" to achieve optimum health. (1) Build healthy relationships; community is the most powerful healing force. (2) Create an individual prescription for diet, rest, and exercise. (3) Purify the environment. (4) Detoxify the body to increase its ability to protect and cleanse itself. Filled with advice about building resistance to disease and ensuring the safety of our food, drink, and home environment, Dr. Galland epitomizes mind/body medicine at its best.



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### Reviews

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-- **Sarai Lebsack**

*Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.*

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