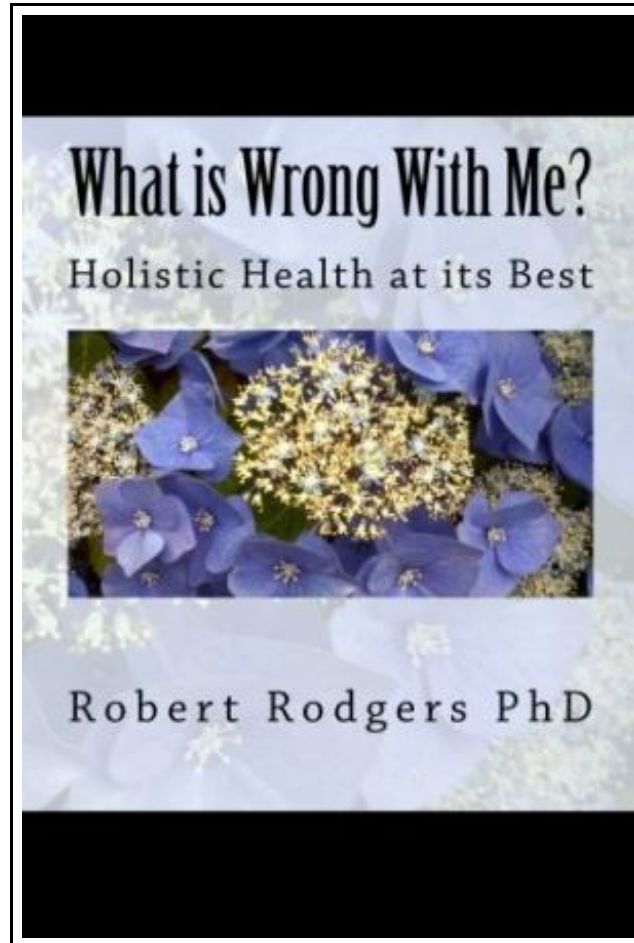


What Is Wrong with Me?: Holistic Health at Its Best



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Reviews

Merely no terms to spell out. It really is rally exciting throgh reading through period. Your daily life period is going to be enhance as soon as you complete looking over this ebook.
(Yvette Marquardt)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.When our body expresses troubling symptoms, everyone wants them to vanish magically. How can this happen? Most people resort to a consultation with a medical doctor. Why? Their specialty is in treating symptoms. They have a cache of medications and surgical options that can be prescribed to suppress a wide variety of symptoms. To be sure, many people benefit tremendously from taking advantage of the opportunity to suppress symptoms using whatever means available. Some people cannot even begin to function without taking medications, so it is a good thing the medication and surgical options are available. The downside of this familiar approach to treatment is that the cause of the symptoms is irrelevant. As any medical doctor will tell you, their specialty is in treating symptoms, not determining their causes. The medications used to treat symptoms often have to be continued often throughout a lifetime. If the cause has not been determined, the symptoms will continue to be problematic, often requiring continued suppression. An alternative approach I have personally used successfully has been to focus on the cause of my symptoms. Once the cause has been identified it becomes possible to pursue treatments that address the cause instead of suppressing symptoms. Once the cause has been found, treated and healed, symptoms can potentially be reversed requiring no need for suppression. I personally like the holistic approach but there is a downside. Symptoms are not usually suppressed over the short tun. It may take some time to heal the cause which means that the symptoms will take time to reverse. It may also take several assessments to ascertain the underlying of certain symptoms. There may be many dysfunctions that...



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