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Spontaneous Healing: How to Discover and Enhance Your Body's Natural Ability to Maintain and Heal Itself

By Andrew T. Weil

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Spontaneous Healing: How to Discover and Enhance Your Body's Natural Ability to Maintain and Heal Itself, Andrew T. Weil, In this revolutionary book, Dr Andrew Weil shows how the concept of spontaneous healing can change all our lives for the better. Drawing on his training as a doctor and his in-depth first-hand knowledge of alternative treatments, he describes in clear, accessible language the operation of the body's healing system and the various methods with which we can support its natural ability to maintain and heal itself - not only in our everyday lives, but also in the face of devastating illness. Dr Andrew Weil suggests practical ways in which all of us can get healthy and fit, providing specific and detailed information: on food, drink and diet; on environmental factors and how to avoid toxins; on exercise and stress reduction; and on vitamins, supplements, herbs and tonics. Numerous case histories provide evidence of the remarkable success of spontaneous healing in dealing with serious medical conditions. SPONTANEOUS HEALING is an essential book for everyone who wishes to lead a healthy life.



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