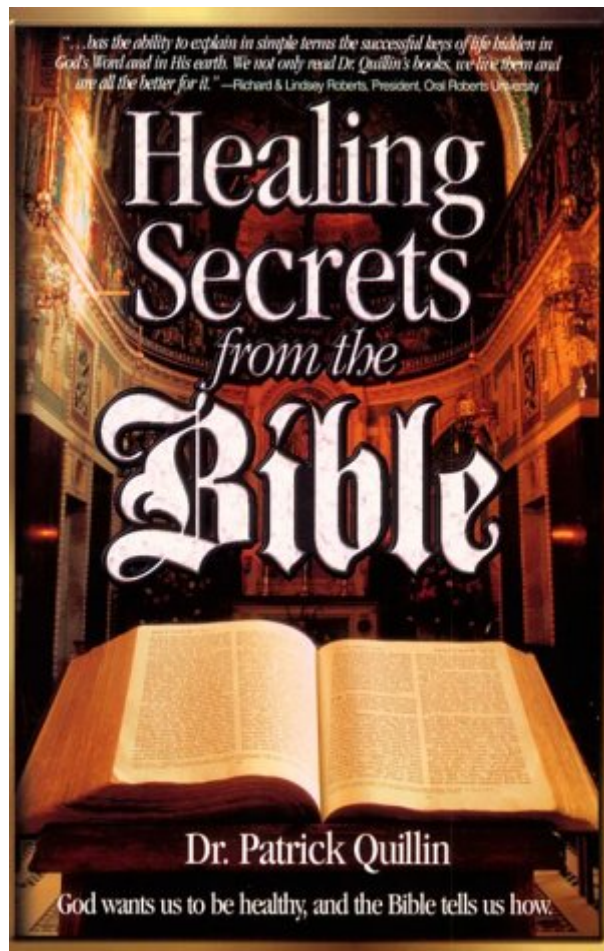


Healing Secrets from the Bible PDF



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Healing Secrets from the Bible by Patrick Quillin ISBN 0963837214
SIMPLE SOLUTIONS FOR COMPLEX MODERN HEALTH PROBLEMS

Thousands of years ago, God spoke to us through the Bible with timeless advice on a better life. Today, science has come to the independent conclusion that the Biblical lifestyle was far healthier than our modern lifestyle. Today, millions of good Christians suffer unnecessarily with poor health and die prematurely. Why? Because we are not following the basic principles of health that are taught in the Bible. "My people are destroyed from lack of knowledge (Hosea 4:6) Yet, God wants us to live a long, happy, healthy, and productive life. "I have come that they may have life, and have it to the full." John10:10

In this landmark book, an internationally respected Christian nutritionist extracts from the Bible:

- superfoods with extraordinary healing properties

- the need for detoxification and how to do it
- value of herbs in healing
- importance of proper breath and water intake
- exercises to tone the body
- techniques for spiritual strengthening and stress reduction.

Also included are the A, B, Cs of healing; a concise guide to using vitamins, minerals, herbs, and other nutrition supplements for specific ailments; a directory of foods and their healing properties; and much more.

Since our body is a "temple of the Holy Spirit" (1Corinthians 6:19), to claim our Divine inheritance of good health, we must follow the elegantly simple yet scientifically endorsed prescriptions in the Bible. God's food is more nourishing than man's food and God's healing is more effective than man's healing.

Healing Secrets from the Bible Review

This Healing Secrets from the Bible book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Healing Secrets from the Bible without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Healing Secrets from the Bible can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Healing Secrets from the Bible having great arrangement in word and layout, so you will not really feel uninterested in reading.