



## Getting Whole, Getting Well: Healing Holistically from Chronic Illness

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By Iris R Bell

Morgan James Publishing, United States, 2008. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Until now, trial and error has been the way most of us experiment with alternative healing techniques like vitamins, herbal supplements, and acupuncture. Other books offer encyclopedic information on different therapies. But, it is possible to create a personalized, holistic plan that works. Only Getting Whole, Getting Well shows you how to choose and use the ones that are right for you. No guesswork. No wandering in the wilderness. If you've been disappointed in your results or confused about the multitude of options available, learn how to adopt the total healing mindset necessary for optimal results; choose the alternative therapies that work best for you and your health issues; and avoid the No. 1 mistake most people make when using alternative therapies. Read this book if you have suffered with any chronic condition, including asthma, arthritis, cancer, chronic fatigue, diabetes, fibromyalgia, heart disease, irritable bowel, migraine headache, or multiple sclerosis.



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