

Healthy Healing: A Guide to Self Healing for Everyone (Eleventh Edition)

Linda Page PhD



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Healthy Healing: A Guide to Self Healing for Everyone (Eleventh Edition) Linda Page PhD When "Healthy Healing" was first written, it was the only book of its kind. Now, bigger and better than ever, "Healthy Healing" is used by people around the world including practitioners, educators and health store staff. Why? Because it is complete and easy to use!

First, look up the illness in the handy table of contents. This alphabetical listing of over 150 health complaints directs readers to the encyclopedic reference section. For each ailment, there are alternative health care therapies: diet and superfood, herbal and supplement, and lifestyle support. This book also contains a wealth of information - complete lifestyle programs for people with special needs, programs for children, a new expanded guide to detoxification and more!

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