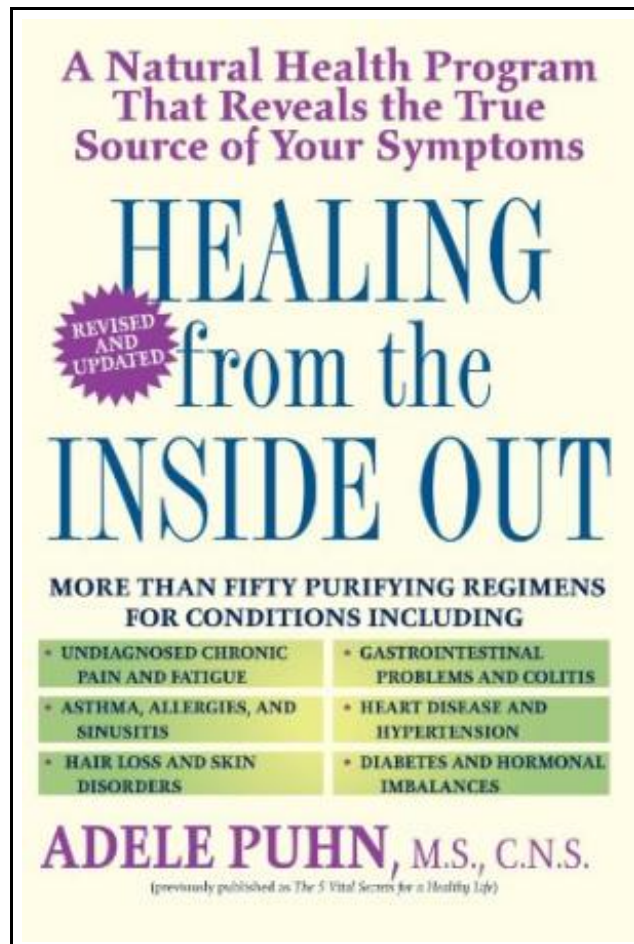


Healing from the Inside Out: A Natural Health Program That Reveals the True Source of Your Symptoms



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Most of these pdf is the perfect ebook available. It is actually rally intriguing throgh reading period. I am pleased to explain how this is actually the greatest ebook we have read within my personal life and might be he finest publication for actually.

(Prof. Dario Lang)

HEALING FROM THE INSIDE OUT: A NATURAL HEALTH PROGRAM THAT REVEALS THE TRUE SOURCE OF YOUR SYMPTOMS




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Ballantine Books. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.4in. x 5.5in. x 1.1in. No doctor can ever understand your body as well as you. And from understanding comes the self-awareness and responsible self-care that produces long-lasting good health. To help you take charge of your body's well-being, clinical nutritionist Adele Puhn, author of the New York Times bestseller *The 5-Day Miracle Diet*, has written this comprehensive guide to the sources of--and remedies for--many, perhaps all, of your health problems. An abused digestive tract allows toxins and bacteria to leak through its weakened walls into the bloodstream and wreak havoc throughout the body. An overtaxed liver, unable to perform its vital filtering and metabolic functions, leaves the body toxic and vulnerable. *Healing from the Inside Out* tells you how to heal these conditions and repair the damage they have caused in all parts of the body--featuring more than fifty fully detailed and carefully structured preventive and rescue regimens--wholesome diets, appropriate potencies of vitamins, minerals, amino acids, herbal remedies, and more--all designed to heal and invigorate the body. - Gastro-intestinal tract: Crohn's disease, colitis, ulcers, gallbladder disease, hiatal hernia, irritable bowel syndrome- Heart and circulation: angina, arrhythmia, high cholesterol, hypertension- Muscles, joints, and skeleton: chronic back pain, fibromyalgia, osteoporosis, osteoarthritis, rheumatoid arthritis- Skin and hair: dandruff, hair loss, psoriasis- Endocrine system: hypoglycemia, hyperthyroidism, kidney stones, diabetes- Emotions: depression, chronic fatigue syndrome, stress, hyperactivity- Breathing: asthma, chronic bronchitis, sinusitis And much more, including case histories and a guide to complementary health organizations. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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