

Access Free The Whole Body
Cure

The Whole Body Cure

Collects the thoughts of pastors,
counselors, doctors, and health
researchers on the efficacy and
practice of prayer

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Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new

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science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body's power to transform and restore our

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health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat

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Disease isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including:
Plums Cinnamon Jasmine tea Red wine and beer Black Beans San

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Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-

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Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat

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Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Dr. John E. Sarno's groundbreaking

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research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find

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relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or

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exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories

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and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

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The Philosophy of the Water-cure
Heal Your Pain, Anxiety, and Fatigue
by Controlling Chronic Stress
The Homoeopathic Recorder
The Mind-Body Connection
Ask Dr. Weil
Mind Over Medicine

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The Cure

Are you feeling stuck with your health? Have you been diagnosed with a condition and feel that there is no way out? Do you feel like no matter what doctor you go to, what drug you take or what diet you

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follow, you keep feeling worse? Do you want to know the truth of why so many of us are sick and how to stimulate powerful healing? In Living Whole Body Health, Dr. Tim will take you on a journey. First a tale of understanding of

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how we arrived at this place with our health and healthcare. Then, for those who are ready, he gives an easy to understand manual for changing your life through an ancient 21 day formula of healing. As a 6th generation physician, Dr.

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Tim tells the story how he went from being run over by a car and chronically ill to finding vibrant health. Now he is teaching a new paradigm of healing that's spreading the globe. Through stories, humor and practical tips he

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shows the way out to anyone who has lost their health and trying to find a cure. In these pages you'll discover: The truth about Allopathic Medicine and how to follow a new paradigm of healing called the Cellular Theory.- How to get your

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*mind in a place where healing and love can occur.- How to charge up your cells and metabolism. - How to use the elements of the earth to stimulate healing.- How to protect inner healing from the zombies trying to steal it.*Life is a journey of

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joys and dreams, but only if you are healthy. If you believe the body is able to heal itself, have a good reason to heal and are ready to take action, this book is for you.

Prayer opens worlds of possibilities—but many people still

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*struggle to pray. Praying for the
Cure will help you pray, by offering
solid biblical reasons to talk to God
and specific prayer starters to guide
you in prayer for healing from
cancer. A brand-new entry in
Barbour's Shiloh Run Press*

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lineup, this comforting and encouraging book includes topics such as: His Will, His Grace, His Mercy, His Voice, His Timing, His Provision, His Presence, and His Glory. Written by Mary J. Nelson--speaker, minister of

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*prayer, and cancer
survivor--Praying for the Cure will
help draw you ever closer to the
Ultimate Healer, Jesus Christ.
yasuhirA iDee published his first
book of health essays, my best
selling point... I do have Health:*

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*passion and method. The witty
acupuncturist of health and art has
since dedicated his life to writing a
benefiting new book. After years of
painstaking, NinjaSalad as
boost/cleanse, Healthy vegetable
JuiceRecipe and Natural FoodCure*

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*based on Japanese thoughts, Along
with his smily and hilarious photos,
NinjaCure contains a lots
innovative ideas including:
The New Science of How Your
Body Can Heal Itself
Liver Detox & Cleanse*

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Clean (Enhanced Edition)

Eat to Beat Disease

The Clinical Reporter

*The 12-day Power Plan to Flush
Toxins, Balance Hormones, and
Reset Your Body's Most Essential
Organ*

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Praying for the Cure

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé Kardashian's Revenge Body--now revised with the latest nutrition science

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and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on Revenge Body with Khloé Kardashian. With The Body Reset Diet, he introduced his

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ultimate reset plan to the word, and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-

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phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten

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days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to

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achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, The Body Reset Diet offers a proven program to hit the reset button, slim down, and get healthy in just fifteen

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*days--and stay that way for good!
Boost your health with just one pot or
pan, 15 minutes of prep, and 100
flexible anti-inflammatory recipes
Why live with chronic inflammation
when you can cure it with delicious
food? Meals That Heal – One Pot*

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presents over 100 quick-fix recipes for your stovetop, sheet pan, Instant Pot, and air fryer—packed with anti-inflammatory foods that will help you feel your best. Plus, James Beard Award winner and culinary nutrition expert Carolyn Williams includes

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vegetarian, low-carb, gluten-free, and dairy-free options perfect for everyone. Toss-and-go meals: Mediterranean Quinoa Salad, Avocado-Feta Shrimp Toss Soups and salads: Chile Verde with Shredded Pork, Street Corn Salad Meatless

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mains: Skillet Shakshuka, White Cheddar-Pumpkin Mac and Cheese
Desserts and drinks: Chocolate Chip Almond Butter Cookies, Elderflower Margaritas
Don't brush off warning signs of inflammation (such as tiredness, frequent colds, or acid

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reflux). With Meals That Heal – One Pot, you'll reduce not only these nuisance symptoms but also inflammation's long-term risks: immune dysfunction, high blood pressure, heart disease, cancer, and more. Carolyn's four-step approach,

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stress-busting tips, genius meal-prep hacks, and weekly menus make it easy to change your diet and heal inflammation with food—instantly. Carnivore Cure is the first elimination protocol to explain how to adopt a meat-based diet to bring about healing.

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Get back to optimal health by finding the perfect foods to fuel your individual body. Most elimination diets work to an extent but fail to consider all the individual, physical symptoms, and food sensitivities. Most elimination diets remove processed

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foods and additives but fail to remove plant-based toxins that can contribute to disease. Until now. Introducing, Carnivore Cure. You start with meats that have the least number of allergens and sensitivities. Once you reach a baseline of health, then you

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can incorporate other meats that may have previously caused a sensitivity. As you heal the gut, if you choose to, you can slowly add back plant-based foods. Carnivore Cure will allow you to figure out what plant-based foods can work for your body in the long

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term. The Carnivore Cure will support you to find your happy medium by focusing on meat-based diet while incorporating the safest plants with most food intolerances considered. This book provides you a step by step protocol to optimal health while also

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providing you extensive nutritional information and support for a meat-based diet, including debunking nutrition misinformation and providing lifestyle support through the lens of holistic health. YOU CAN HEAL. Because the right food is

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medicine. Eliminate the wrong foods and eat the right foods for you, and you alone. Take your life back with the Carnivore Cure.

The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself

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The Solution

*Activate Your Body's Natural Ability
to Burn Fat and Lose Weight Fast*

The Body Reset Diet, Revised Edition

*Healthy Weight Loss - Burn Fat in 21
Days*

How to Increase Your Energy, Heal

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*Your Whole Body, Improve Health
and Fitness*

*Botanologia, the English Herbal, Or
History of Plants, Adorn'd with
Figures*

“An accessible, concise,
systematic, and

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comprehensive primer on wellness and healing.”—Dr. Gabor Maté, MD, author of *When the Body Says No: The Cost of Hidden Stress* Do you regularly experience chronic pain, anxiety, fatigue, gut

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issues, or other symptoms of chronic stress? The Mind-Body Cure will teach you how to manage your stress hormones and eliminate chronic stress in 7 simple steps. In The Mind-Body Cure, Bal Pawa, MD

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shares her own story of chronic pain following a tragic car accident. Only when she recognized how stress hormones were disrupting every system in her body, from digestion to immunity to sleep,

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was she able to reclaim her health. Having healed herself—and many patients since—Dr. Pawa now shares the secrets to long-lasting health and wellness in *The Mind-Body Cure*. Most people

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today are familiar with chronic stress—whether it's family or work pressures, the anxiety we experience each day never seems to end. It may even feel like we're always in fight-or-flight mode. As Dr. Pawa

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explains, the continuous and excessive release of stress hormones in our bodies are behind 75 percent of visits to a doctor's office. What if we could manage our stress and its harmful side effects with

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easy and affordable tools? The Mind-Body Cure teaches you to do just that. Dr. Pawa's original REFRAME Toolkit offers 7 simple ways to reduce chronic stress, including making specific changes to your diet,

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sleep, exercise habits, and more tools including meditation and mindfulness techniques. Interweaving evidence-based science with practical advice to calm your mind, *The Mind-Body Cure*

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helps you move from primitive fight-or-flight mode to send healing hormones into your body instead. Praise for The Mind-Body Cure “What a wonderful combination of medical smarts with heartfelt

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practical wisdom!
Comprehensive, full of
examples, and always so
useful, The Mind-Body Cure is
an excellent book.” —Rick
Hanson, Ph.D., New York Times-
bestselling author of Buddha's

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Brain, NeuroDharma, Just One Thing “Dr. Pawa moves mind-body medicine from the margins to the mainstream. Written with compassion, dedication, and rigorous science, this book is the

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definitive guide to holistic health—both for those who know the mind's power to help heal the body and for those who have yet to discover it.”
—Shimi Kang, MD, psychiatrist, and bestselling author of The

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Dolphin Parent and The Tech Solution “Dr. Bal Pawa is a compassionate physician who successfully integrates recommendations for the mind and body. She helps us realize that our thoughts can be our

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reality, especially when it comes to our health. And she explains how hormones affect our sleep, immune system, and emotions and how we can support them for optimal health.” —Lorna R.

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Vanderhaeghe, author of A
Smart Woman's Guide to
Hormones

According to Dr. Timothy
Brantley, most health problems
are not caused by genetics or
germs but by the standard

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American diet. Drawing on Brantley's groundbreaking research and his years of working with nutritional healing, The Cure contains a revolutionary step-by-step program that can flush toxins

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out of the body, restore balance, promote natural healing, and increase vitality. The doctor talks about everything from heart disease and depression to natural remedies and hormone

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treatments

A Development of the True
Principles of Health and
Longevity

The Diet Cure

Heal Your Body, Save Your Life
The natural method of healing

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a new and complete guide to
health

The Younger Next Year Back
Book

Your Weight-Loss Plan for a
Flat Belly, Optimum Health & a
Body You'll Love at Midlife and

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Beyond

More than 100,000 copies later, this breakthrough program is more effective than ever—substantially revised and updated to include the author's latest clinical research. For the

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*more than 160 million
overweight Americans,
dieting is a failure. Based
on more than twenty years of
proven clinical results, The
Diet Cure's revolutionary
approach curbs food cravings
and restores the brain's*

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*mood and appetite chemistry
in twenty-four hours.*

*Beginning with her 8-Step
Quick Symptom Questionnaire,
celebrated nutritional
psychotherapist Julia Ross
helps readers identify their
unique underlying*

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biochemical imbalances and provides targeted strategies to correct those imbalances using nutritional supplements to jump-start the dietary overhaul. Readers then create their own safe, easy-to-follow

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*plan to end low-calorie
dieting and food obsessions
for good.*

*You've tried everything :
the pills, the shakes, the
diets, even the surgery, and
it's been a losing battle.
But permanent weight loss*

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isn't impossible. Not anymore . . . Now dietary expert Laurel Mellin offers a scientifically proven, agony-free, breakthrough program for weight loss that doesn't require deprivation or superhuman willpower. The

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Diet-Free Solution presents a practical six-step plan that succeeds where other diets fail because it identifies the psychological, physical, and lifestyle causes of weight problems : the powerful mind

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and body drives that lead to overeating and inactivity?d offers the cure for each. You can change your body, and ultimately your whole life ?ith: The Nurturing Cure: How to become aware of your feelings and meet your

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own needs The Limits Cure: How to control your actions and set appropriate, realistic expectations The Body Pride Cure: How to turn off negative stereotypes about fat The Good Health Cure: How to become aware of

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*body health and stay healthy
The Eating Cure: How to eat
regular meals and maintain a
healthy diet The Activity
Cure: How to maintain an
exercise program and find
personal time Until you
understand the whole truth*

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about your weight problem, you can't solve it. Whether you're trying to lose those last five pounds, end a compulsive eating problem, or shed more weight than you ever thought you'd carry, let The Diet-Free Solution

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work for you now and for the rest of your life! The ability to self-nurture and set effective limits is the root of human maturity, and the foundation for emotional, behavioural, and spiritual balance.

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Fortunately, the skills to self-nurture and set effective limits can be fine-tuned and readers will learn them via a wealth of practical examples, colourful case histories, and scientific findings that

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are both fascinating and easy to understand. These skills are effective for a wide range of psychological and addictive problems--from alcoholism and other addictions to overeating, overworking, overspending,

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and perfectionism.

The fastest way to burn fat and lose weight is to eat the right foods, detoxify, reduce inflammation, reduce food cravings and burn calories. If you starve yourself or don't correct

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*your metabolism, you will
regain weight or feel
unhealthy. Read this book
and learn to lose weight in
21 days by Using fat burning
foods, herbs and healthy
supplements Healing your
gut, inflammation and diet*

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*Detoxifying your liver and
balancing hormones Reducing
food cravings Increasing
your metabolism, thyroid and
adrenal health Voted Top 43
naturopathic doctors
worldwide, bestselling
author Dr. Ameet Aggarwal ND*

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minimizes your strain of losing weight. You will find affordable ways of reducing weight, fat, water retention and toxicity using the best foods, supplements, herbs and natural remedies. You will keep healthy and keep

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the weight off by learning to heal leaky gut, adrenal fatigue, liver toxicity and thyroid issues. It's time to narrow that waist, feel lighter, move without pain, regain your confidence and have more energy. Getting

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*this book will give you
access to online videos on
health.drameet.com to help
you lose weight and get
healthier faster.*

*Cure Your Body, Heal Your
Mind, and Restore Your Soul
Kick-Start Your Metabolism*

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and Safely Lose Up to 10

Pounds in 7 Days

The Natural Way to Improving

Liver Health

The UltraSimple Diet

The Last Underclass

100+ Recipes for Your

Stovetop, Sheet Pan, Instant

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*Pot, and Air Fryer—Reduce
Inflammation for Whole-Body
Health*

The Distance Cure

*At some point in their lives, 80% of
Americans will seek expert help for
back pain. It's an epidemic, with a
cost to society in medical expenses*

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and lost productivity that is steeper than heart disease. But remember the 80% figure—that's the astonishing cure rate at Dr. Jeremy James's Aspen Club Back Institute. A Doctor of Chiropractic who took that path because of his own severe injury-induced back pain, he has developed

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a revolutionary behavioral/whole-body approach to help sufferers heal—and often eliminate—back pain forever. Co-written with Chris Crowley, The Younger Next Year Back Book follows the alternating chapter format of the #1 New York Times bestselling Younger Next Year and

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other books in the series. And just as millions of readers positively changed their lives following Harry's Rules in Younger Next Year, the millions of back pain sufferers can find relief following Jeremy's rules, including Stop Doing Dumb Stuff, Be Still So You Can Heal, and Stand Tall for the

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Long Haul. He explains the workings of the spine and muscles, and then why back pain is almost never a disease, per se, but the result of behavior. He then shows how to change our behavior, find a neutral spine, and begin a regimen of simple exercises—with step-by-step two-

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color illustrations—to realign our core to virtually eliminate back pain forever. Chris Crowley, in his been-there-done-that-and-you-can-too-damnit! voice, provides all the motivation and patient perspective we need.

New York Times Bestseller Stop—and

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even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don't have to gain weight as you age. That's the simple yet revolutionary

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promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset

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presents stunning new evidence about the power of “protein timing” for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and “inevitable” weight gain, and changes the way people in their mid-forties and older

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should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by

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AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of

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recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works!

INCREASE YOUR ENERGY, HEAL YOUR

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WHOLE BODY, IMPROVE HEALTH AND FITNESS Improve health with the highly comprehensive health guidebook with over 550 scientific studies referenced. It is a must-read for anyone looking to achieve high energy levels, strong immunity, and perfect physical health, as well as

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prevent or treat illness naturally. Dr. Richard Schulze, one of the foremost authorities on natural healing in the world, said, "Your body has a blueprint, a schematic of what perfect health is and is constantly trying to achieve this perfect health for you." Perfect health can be achieved

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*through proper diet, health testing,
internal body cleansing, supplements,
natural remedies, and health devices.*

The American Magazine

*A Medicinal Dispensatory, containing
the whole body of physick;*

*discovering the natures ... of
vegetables, minerals and animals,*

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*the manner of compounding
medicaments: methodically digested
in five books of philosophical and
pharmaceutical Institutions; three
books of physical materials ...
Together with a ... Pharmacopoea ...
now Englished and revised by R.
Tomlinson*

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The Mind-Body Cure

*The Whole-Body Plan to Conquer
Back Pain Forever*

*For Safe, Healthy, and Permanent
Weight Loss*

The Whole Body Reset

The Inflammation Cure

“Civilized” humanity historically

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has an impoverished, downtrodden underclass: the Egyptian pyramid workers, the Roman Empire's slaves, the medieval serfs, and the twentieth century's urban ghetto-dwellers. Normally this

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class has a useful role: manual labor in mine and field, or service in home and restaurant. Cannon fodder. But as the computer age develops, complex machinery replaces labor, smart programs obsolete

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human services, and “fire and forget” missiles replace infantry. Even the need for skilled labor and middle management shrivels. In the twenty-first century the productivity of an individual worker skyrockets, so

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much so that only a few produce all of civilization's basic needs. Thus billions of people become useless, while high technology's surplus prevents starvation, plague, and war. Humanity changes itself, too.

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Many rich couples select superior genetic characteristics for their babies. Stem-cell injections rejuvenate aged brains. Then members of the upper class transplant those brains into bodies of the young

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poor. Finally, chromosome-alteration leads to extended life spans. Two classes, the unemployed that live on welfare and the powerful, separate into different sub-species. Surplus population damages the

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environment and discomfits the rich. They anticipate eternal life and want parkland, fresh air, and carefree association with their own kind. They dissolve fertility suppressant in ghetto water supplies. Thus science

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and greed conspire against the poor. John "QUIET" Griffin is a "Welfie" raised in the crowded ghetto of San Angeles, the combined San Diego and Los Angeles megacity. He must battle the rulers of his society to

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avoid genocide and achieve justice. REVIEWS In the July, 2002 issue, the Midwest Book Review says "The Last Underclass is enthusiastically recommended for hard core science fiction fans." # The

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Compulsive Reader reports in July, 2002 that "Dean Warren has written a fascinating science fiction story that moves through time and space at lightning speed...This book is certainly thought provoking as

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well as entertaining reading." #
Curled Up With A Good Book
reports on July 18, 2002 that
"The Last Underclass is the kind
of book that redeems the whole
self-publishing print-on-demand
trend. Well-written and

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thoughtful..." # MY SHELF, on 11/1/2002, states: "Read THE LAST UNDERCLASS" # RAMBLES, a cultural arts magazine, states in August of 2002: "Warren manages to tell a story heavy in dialogue and

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political maneuvering without losing a sense of speed. His message will likely speak to the growing number of people concerned with the fast march of science. THE LAST UNDERCLASS is good enough to

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set people talking about the issues that scare them." # THE LAST UNDERCLASS tells a story that has the basic traits for a super movie. I give the book top rating. Dave Foster, Pigeon Forge, TN.

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The Cure For All Disease is the Owner's Manual for your body. There is a cure for all disease. It is 100% Natural and costs only a few dollars each month. Your body heals you by giving it what it needs and

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making sure you avoid the poisons that cause all disease. Water is the very Essence of Life. Without water there would no Life on this planet. This is why I believe the quality of your health is equal to

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the quality of your water. There are no cures with doctors and the medical profession. They turned their backs on all cures and all real medicine once drug corporations began manufacturing synthetic man-

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made chemical "medicines"
starting in 1939. Cures ended
with Dr. Jonas Salk's polio
vaccine which he gave to
mankind for free in
1954. Poisons cause all disease.
Without poisons, even germs

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and viruses could not make you sick. All disease requires an acidic body to exist in. Your body becomes acidic by habitual consumption of poisons in your food, drinks and water; such as white flour, white sugar,

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high fructose corn syrup, red meats and the chlorine and fluoride in your water. This book teaches you how to reverse the acidity of your body, correct your diet deficiencies and to value Water, the very Essence

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of Life. There are also some quick cures for some major diseases like migraines, kidney stones, heartburn and others. These cures may seem like "miracle cures", but they are just science that has been

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around since man began living on this Earth. The thing that the Author adds to those centuries of proven healing science is how to recognize and avoid the saturation of poisons that have inundated our food, drinks and

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water supplies, as well as personal hygiene items. The Author teaches you how to clean up your current diet and also gives you details on other things you can do to improve your health and speed you on to

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freedom from disease. This book was written by a man who cured himself of 10 diseases doctors REFUSE to cure. And did so after doctors said he would be on dialysis or dead by 2009. Before then, the Author did not know

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that doctors cure no one. YOU must decide whether to remain without hope as you have with all doctors - OR...Learn how to use Natural Science to restore your Natural body to health to rid it of all disease. For those

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who choose Life and freedom from sickness, this book was written for YOU!...A short and to the point book to get you cured of all disease as quickly as possible -The Cure For All Disease

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An effective and practical program based on the Paleo lifestyle, customized to fit your needs! As the Paleo movement sweeps the nation, the health benefits of following the lifestyle of our hunter-gatherer forebears

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are undeniable. But what happens when we hit a wall and weight loss stalls, energy flags, or we're tired of restricted eating? We're not cavemen anymore, so why should we follow a strict caveman diet? In

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Your Personal Paleo Code, Chris Kresser uses the Paleo diet as a baseline from which you can tailor the ideal three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, genetic blueprint, and individual

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needs. Kresser helps further personalize your prescription for specific health conditions, from heart disease and high blood pressure to thyroid disorders and digestive problems. Along with a 7-day meal plan and

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delectable, nutritious recipes,
Your Personal Paleo Code offers
natural solutions and an
avalanche of groundbreaking
advice on how to restore a
healthy gut and immune
system; how to eliminate toxins;

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which fats to eat liberally; how to choose the healthiest proteins; and much more. Best of all, you only have to follow the program 80% of the time; there's room to indulge in moderation while still

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experiencing dramatic results. Based on cutting-edge scientific research, Your Personal Paleo Code is designed to be flexible and user-friendly, with helpful charts, quizzes, and effective action steps to help you lose

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weight, reverse disease, and
stay fit and healthy for life.

Prayer, Faith, and Healing

The Puritan

The Water-cure Journal

Living Whole Body Health

Heal Your Whole Body

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Health Limitless Energy Healing Back Pain

This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. This enhanced edition of Clean includes

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extra audio, video and recipes. In Clean, a New York City cardiologist and a leader in the field of integrative medicine, Dr. Alejandro Junger, offers a major medical breakthrough. Dr. Junger argues that the majority of common ailments are the direct result of toxic build-up in our systems

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accumulated through the course of our daily lives. As the toxicity of modern life increases and disrupts our systems on a daily basis, bombarding us through our standard American diet and chemical-filled environments, our ability to handle the load hasn't accelerated at the same rapid pace.

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The toxins are unavoidable but Clean offers a solution.

"Clinical trials show that up to 80 percent of patients given a placebo heal themselves with the power of the mind alone. But how? There is documented evidence that beliefs, thoughts, and feelings can cure the

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body ... this book not only reveals the data from mainstream medical journals; it tells you step-by-step how you can implement this knowledge to make your body ripe for spontaneous remission or disease prevention ...

Western-trained physician Lissa Rankin, M.D. pored over hundreds of

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objectively evaluated, peer-reviewed studies from medical journals to find proof not just that thoughts and feelings originating in the mind can heal the body, but also that there are clear physiological mechanisms explaining how this happens ... she explains how this process works,

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proves with extraordinary case studies from the medical literature that it does, and teaches practical techniques you can use to activate the body's natural self-healing mechanisms, while shutting off the processes that predispose to illness. She also guides you through the process of uncovering

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where you might be making unhealthy choices, not just in your diet, exercise program, and sleep habits, but in your relationships, your professional life, your creative life, your spiritual life, and more-- so that you can create a customized treatment plan"--

Psychotherapy across distance and

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time, from Freud's treatments by mail to crisis hotlines, radio call-ins, chatbots, and Zoom sessions. Therapy has long understood itself as taking place in a room, with two (or more) people engaged in person-to-person conversation. And yet, starting with Freud's treatments by mail,

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psychotherapy has operated through multiple communication technologies and media. These have included advice columns, radio broadcasts, crisis hotlines, video, personal computers, and mobile phones; the therapists (broadly defined) can be professional or untrained, strangers or

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chatbots. In *The Distance Cure*, Hannah Zeavin proposes a reconfiguration of the traditional therapeutic dyad of therapist and patient as a triad: therapist, patient, and communication technology. Zeavin tracks the history of teletherapy (understood as a therapeutic

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interaction over distance) and its metamorphosis from a model of cure to one of contingent help. She describes its initial use in ongoing care, its role in crisis intervention and symptom management, and our pandemic-mandated reliance on regular Zoom sessions. Her account of

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the “distanced intimacy” of the therapeutic relationship offers a powerful rejoinder to the notion that contact across distance (or screens) is always less useful, or useless, to the person seeking therapeutic treatment or connection. At the same time, these modes of care can quickly become a

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backdoor for surveillance and disrupt ethical standards important to the therapeutic relationship. The history of the conventional therapeutic scenario cannot be told in isolation from its shadow form, teletherapy. Therapy, Zeavin tells us, was never just a "talking cure"; it has always been a

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communication cure.

Leaky Gut, Adrenal Fatigue, Liver
Detox, Mental Health, Anxiety,
Depression, Disease & Trauma.

Mindfulness, Holistic Therapies,
Nutrition & Food

Eat Right for Your Genes, Body Type,
and Personal Health Needs -- Prevent

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and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever

The Paleo Cure

The Blood Sugar Solution 10-Day Detox Diet

Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days

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Escape Medicine, Heal Yourself, and
Become a WBH Warrior

Lose Weight Quickly with Healthy
Food, Liver Detox, Diet, Nutrition &
Natural Medicine

A powerful new program for
preventing the diseases of
aging--based on cutting

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edge research In recent stories, both the New York Times and CNN reported on the vital link between inflammation and the risk of heart disease, as well as diseases associated

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with aging including arthritis, Alzheimer's disease, frailty, osteoporosis, and some cancers. The Inflammation Cure is on the cutting edge of this research,

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exposing this connection and showing readers how to protect themselves. In accessible language, Dr. William Meggs, an originator of the inflammation-related

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theory of neurogenic switching, explains the research and outlines a practical and complete program for controlling inflammation and returning to vibrant good health.

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The Inflammation Cure:
Explains up-to-the-minute
thinking on the role
inflammation plays in
aging and health Reveals
what causes inflammation
and how you can tell if

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you have it Presents a comprehensive program to reduce inflammation and promote wellness Provides information on anti-inflammatory foods and supplements, medications,

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exercise, and more
Voted as one of the Top 43
therapists in the world,
5-times bestselling
author, naturopath and
psychotherapist Dr. Ameet
helps you to easily heal

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your health issues, gut,
liver, adrenals,
depression, anxiety, mood,
liver, skin, hormones,
inflammation and sexual
issues with nutrition,
healthy foods, natural

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medicine, holistic
therapies & emotional
healing. Your health is
the most valuable gift you
have. Reading this
intensely holistic book
will quickly improve your

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health, happiness and mood
by helping you treat the
root causes of dis-eases
in your mind and body,
which are: Leaky gut,
Inflammation & LIVER DETOX
Adrenal Fatigue, Thyroid &

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hormonal health Trauma and
painful thoughts healing,
mood therapy & emotional
support Using Herbs,
homeopathic remedies,
diet, nutrition,
acupuncture points and

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Bach flower remedies that
the most successful
natural therapists use.
Get this book to quickly
feel amazingly well with
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therapies from world
renowned naturopathic
doctor, psychotherapist &
teacher. Know: What the
best low inflammatory
foods, probiotics and
supplements for digestive

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problems, IBS and
inflammation are Why your
thyroid, hormones, mood
and brain heal when you fix
your liver and how to
detoxify your liver Which
herbs, amino acids,

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homeopathic remedies and supplements to use for stress, burnout, anxiety and depression. The most helpful nutrients for health and what foods they're found in. Powerful

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exercise to release
trauma, change negative
beliefs and feel
confident. Highly
effective meditation,
breathing, journaling,
gratitude and positive

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psychology Energy medicine
therapy to increase
happiness, clarity and
emotional resilience.
Acupuncture points for
different forms of anxiety
and depression And so much

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more... Doctors,
therapists and nurses
around the world are using
this book to help people
quickly recover from
difficult chronic health
and emotional issues.

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Here's what they say: "Dr. Ameet gives simple steps to help you recover from anxiety, depression, stress and burnout, and with long-lasting results"
- Dr. Hyla Cass MD,

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Bestselling Author and
Holistic Psychiatrist.
“There's amazing details
on holistic therapies,
foods and specific
exercises to release
emotional stress and

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trauma to optimize your emotions and health.” - Geeta K, Master Reiki Healer “I learnt how to fix inflammation, my mood and detox my liver with the most effective herbs,

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foods and supplements.”
R.K. “I love the list of
homeopathic and Bach
flower remedies that go
into very specific
emotions. Not everyone has
the same type of anxiety

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or depression, and that's clear with Dr. Ameet's book.” - Sandra, Anxiety Survivor “What I love about this book is that I feel more in control of my life and my health,

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especially after releasing emotions and fixing inflammation...”

Jacqueline R, Therapist
Feel disconnected and not completely comfortable in your own skin?Are you

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looking to get back on track with your overall health? Or do you feel like you need to hit the reset button? Today, more than ever, we find ourselves bombarded with different

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toxins. Unknowingly, many of the foods we eat and the environments we are in are littered with pesticides, unhealthy preservatives, and pollution. On top of that,

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we are under more pressure than ever. Be it at work, in our social lives, and even online. Luckily, we are equipped with a magical organ that helps combat these negative

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externals... our liver!
This triangular-shaped
3.3-pound gland performs
over 500 functions
essential to our health
and wellbeing. Everything
you drink, eat, and even

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place on your skin gets filtered or comes into contact with your liver. It's no wonder that if something is off with your liver, you simply won't feel right. Brain fog,

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bloating, skin conditions, illnesses, and other issues can often be linked to a stressed and overworked liver. With their book "Liver Detox & Cleanse," health and

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fitness enthusiasts
Brittney Davis and Craig
Williams aim to show you
how to naturally improve
liver health and so
overall health. It's a
simple guide to what your

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liver is, what it does,
why it might not be
working to its peak
potential, and what you
can do to change that.
Here's just a bit of what
you will discover

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inside... The functions of your liver, and why it is the secret superstar to better health. How to make simple lifestyle changes that will produce BIG results. The 11 little

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known superfoods that will help detox and cleanse your liver. A cookbook section filled with breakfast, lunch, and dinner recipes. These won't only improve liver

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health but also taste
delicious. A week-long
detox meal plan that can
be modified to fit your
needs. Simple exercises
and stretches that
specifically target the

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liver. . . . and much more. Most health and fitness books focus on overhyped, extreme, and unhealthy diets to attempt to detox, lose weight, and gain muscle. These techniques

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turn out to be ineffective and counterproductive. Our goal is to help give you a lasting, natural, and scientifically proven guide to improve your liver and overall health.

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Ready to find out more?
Then let's get started,
scroll up and click "Add
to Cart " .

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of Mind Over Body
A Powerful Prayer Guide

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for Comfort and Healing
from Cancer

A History of Teletherapy
Carnivore Cure: The
Ultimate Elimination Diet
to Attain Optimal Health
and Heal Your Body

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The Cure For All Disease
The 8-Step Program to
Rebalance Your Body
Chemistry and End Food
Cravings, Weight Gain, and
Mood Swings--Naturally
Heal Your Body, Cure Your

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Mind

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight

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and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET presents strategies for reducing insulin

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levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-

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storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists,

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as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET is the fastest way to lose weight, prevent disease, and

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feel your best.

A rigorous, skeptical, deeply reported look at the new science behind the mind's surprising ability to heal the body. Have you ever felt a surge of adrenaline after narrowly avoiding an

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accident? Salivated at the sight (or thought) of a sour lemon? Felt turned on just from hearing your partner's voice? If so, then you've experienced how dramatically the workings of your mind can affect your body. Yet while we accept

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that stress or anxiety can damage our health, the idea of "healing thoughts" was long ago hijacked by New Age gurus and spiritual healers. Recently, however, serious scientists from a range of fields have been uncovering

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evidence that our thoughts, emotions and beliefs can ease pain, heal wounds, fend off infection and heart disease and even slow the progression of AIDS and some cancers. In *Cure*, award-winning science writer Jo

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Marchant travels the world to meet the physicians, patients and researchers on the cutting edge of this new world of medicine. We learn how meditation protects against depression and dementia, how social connections increase

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life expectancy and how patients who feel cared for recover from surgery faster. We meet Iraq war veterans who are using a virtual arctic world to treat their burns and children whose ADHD is kept under control with half the normal

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dose of medication. We watch as a transplant patient uses the smell of lavender to calm his hostile immune system and an Olympic runner shaves vital seconds off his time through mind-power alone. Drawing on the very latest

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research, Marchant explores the vast potential of the mind's ability to heal, lays out its limitations and explains how we can make use of the findings in our own lives. With clarity and compassion, Cure points the way towards a system

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of medicine that treats us not simply as bodies but as human beings. A New York Times Bestseller Finalist for the Royal Society Insight Investment Science Book Prize Longlisted for the Wellcome Book Prize

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Offers an accelerated program designed to help readers lose weight quickly and keep it off, in a guide that features menus, exercise routines, and stress reduction techniques.

NINJA CURE: The Essence Of

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Health

Cure

Scientific Proof That You Can Heal
Yourself

Meals That Heal - One Pot