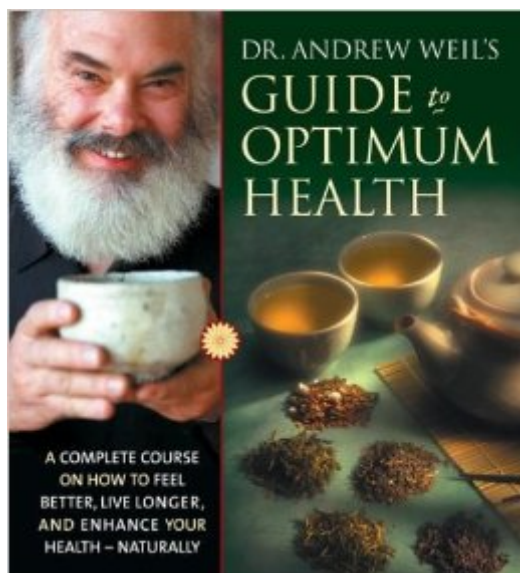


The book was found

Dr. Andrew Weil's Guide To Optimum Health



Synopsis

The Latin word for doctor (medicus) literally means "teacher": one who helps patients learn to heal and stay healthy on their own. Now, our most trusted authority for alternative healing invites you to attend his first comprehensive audio learning course with Dr. Andrew Weil's Guide to Optimum Health. On this complete nine-hour curriculum, Dr. Weil helps you take charge of your well-being with proven, natural solutions for boosting your body's self healing function, building energy, and overcoming everyday health challenges. You'll learn the same practical approach taught by Dr. Weil at his sought-after live workshops-at a fraction of the regular cost. Join this bestselling author to explore such key health questions as the healing power of your mind, your optimal diet, the benefits of herbal medicine, and much more.

Book Information

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Fitness #84 inÂ Books > Books on CD > Health, Mind & Body > General

Customer Reviews

"Your mind can elicit a healing response when even conventional medicine has proven ineffective."

~Dr. Andrew Weil
For months I've been listening to this CD set, trying to integrate the principles of Dr. Weil's teachings into my life. By increasing whole grains (I now eat a mixture of pumpkin seeds, roasted corn and roasted soy), discovering new natural remedies and exploring the ideas of how the body is always seeking to regain balance, I have learned a great deal about integrative medicine. Instead of just trying to solve problems as they occur, Dr. Weil seeks to encourage a preventative lifestyle that includes healthy choices and healing herbs. Can we interact with allergens without having allergies? Does our body truly want to be healthy and what are the obstacles to healing? Should you avoid fructose? Is eating pasta better than bread? What is disconnection

syndrome?How can you become more self-reliant in regards to your health?Which is more healthy - olive oil or chocolate?How does your skin react to emotions?By reigning in the forces of nature, there is a huge potential for healing. Cooking can become a healing meditation, buying yourself flowers promotes healing and remembering to spend time in nature can encourage positive emotional states.Dr. Weil is very intuitive and is not held down by any single system of belief. He fully explores all possibilities and takes remedies from a wide variety of alternative medicine traditions.I've learned so much by listening to these CDs. Simple ideas like adding blueberries to pancakes or eating more fiber with meals can increase your health.

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