

Adventures with Natural Healing (Paperback)

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Reviews

This book is very gripping and fascinating. Yes, it is play, nonetheless an interesting and amazing literature. I found out this ebook from my dad and i recommended this pdf to discover. (Lavada Nikolaus)

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ADVENTURES WITH NATURAL HEALING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Be proactive with your health. Stop illness before it takes hold. Adventures With Natural Healing - A Health Junkie s Journey Through Alternative Medicine is the Who, What, When, Where and Why for 27 alternative health methods. Eliminating social anxiety can be as simple as four drops of Bach Flower Essence in a glass of water. EFT helps diminish Post-Traumatic Stress Disorder. Brain Gym can work magic on dyslexia. Follow along as Hughes explores twenty-six methods and what she finds drawing upon personal testimonials as well as the latest research on some of the methods of healing. A full index helps the reader easily find their health issue (body and/or mind) and method(s) to use on each issue. An extensive bibliography is included for readers who want to explore beyond the information listed. --Chapter One - How To Use This Book - is self explanatory. - Chapter Two - A Common Thread - covers basic tenets that apply to the Complementary and Alternative Medicine (CAM) arena and commonalities between methods. --Chapter Three - Beyond The Woo Woo - provides scientific data and diagrams to explain how a method works and the corresponding body system. --Chapter Four - 27 Methods - is the heart of the book. Eight items are listed for each of the 26 methods: 1) Definition (including etymology, 2) History, 3) How it works, 4) Uses, 5) Step-by-step instructions to perform the technique, 6) Tools required, 7) Licensing requirements, 8) Personal experience. (Hughes has trained or has experience in 23 of the 27 methods). --Chapter Five - Eclectic Exercise Routines - set of synergistic routines combining different methods to address specific health issues. It includes the *STAR* formula developed...

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