



## Our Bodies: The Optimal Design: A New Understanding of Our Miraculous Bodies (Paperback)

By MS Elizabeth Norlin

Createspace, United States, 2013. Paperback. Condition: New. MR William Talenti (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your body is a wonderful machine capable of healing almost any disease on its own, because of the way it is made, when given the right environment. Many people today are turning to a more natural and holistic way to approach their health and healing. Even traditional medicine is beginning to embrace the inclusion of natural methods to treat and heal disease. Our Bodies: The Optimal Design answers the questions you have on how to understand and apply natural healing principles through understanding your body and how it works in a holistic way. What is holistic health you might ask? Or can I help heal my body? How do I generate healing in my own body? Does complementary medicine help in conjunction with traditional western medicine? What knowledge do I need to help my body heal? This book will take you on a holistic journey through the intelligent design of your body. You can learn about the brain, the spine, the colon, the feet, the hands, the ears, the eyes, the tongue, the face, the nails, and how nerve...



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