



## Healthy Solutions A Guide to Simple Healing and Healthy Wisdom

By David Russell

Basic Health Publications. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.8in. x 6.0in. x 0.8in. Each one of us is a marvelous unity of body, mind, and spirit, all working together in a single person. Health, by definition, deals with the whole person, not just the body and its tissues or the mind and its emotions. Our health is dependent on the integrated function of all our biological systems, as well as our mind and spirit. Because health is something that belongs to each one of us, our health is our own personal issue, not our doctor's or therapists. Health is very intimate and personal, and each individual needs to take responsibility for what to do and how it should be done. The information in Healthy Solutions can help readers maintain and enhance their own health. Readers will: come to understand how natural medicine views health, disease, and healing; learn to interpret the body's reactions to illness; become familiar with self-care remedies for more than 50 health conditions. Learn how to use homeopathic tissue salts for treating symptoms; master the therapeutic uses of herbs, spices and foods. Healing is not just a matter of eliminating a symptom but deeply involves our...



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