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101 Ways to Improve Your Health with Body Work: Your Complete Guide to Complementary Alternative Therapies.

By Alan E Smith

Loving Healing Press. Paperback. Condition: New. Dimensions: 10.9in. x 8.0in. x 0.2in. Your health is your greatest possession in this life so its smart to look for the best ways to maintain and restore it as you age. In this guide youll find treatments and therapies designed for your body and proven effective over decades, hundreds, even thousands of years. While not every therapy will work for every person, you can find the one that you need now or in the future in these pages. Take responsibility for your health right now, its the only body you have, and read this book! Most comprehensive collection of body therapies available. Quick, easy-to-read descriptions of each treatment. Websites to learn more about each listing. Many subjects offer podcast listings featuring leading authorities. Find the most ancient to the most modern therapies. Rediscover the joy and beauty of living. Alan Smiths Unbreak Your Health series provides a terrific resource for those interested in real health! --C. Norman Shealy, M. D. , Ph. D. Knowledge is power. And this book is a way to provide you with a one stop source for discovering complementary and alternative therapies. --HealthStatus. com 5 Stars -- Impressively organized and...



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