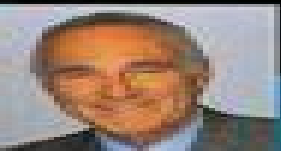
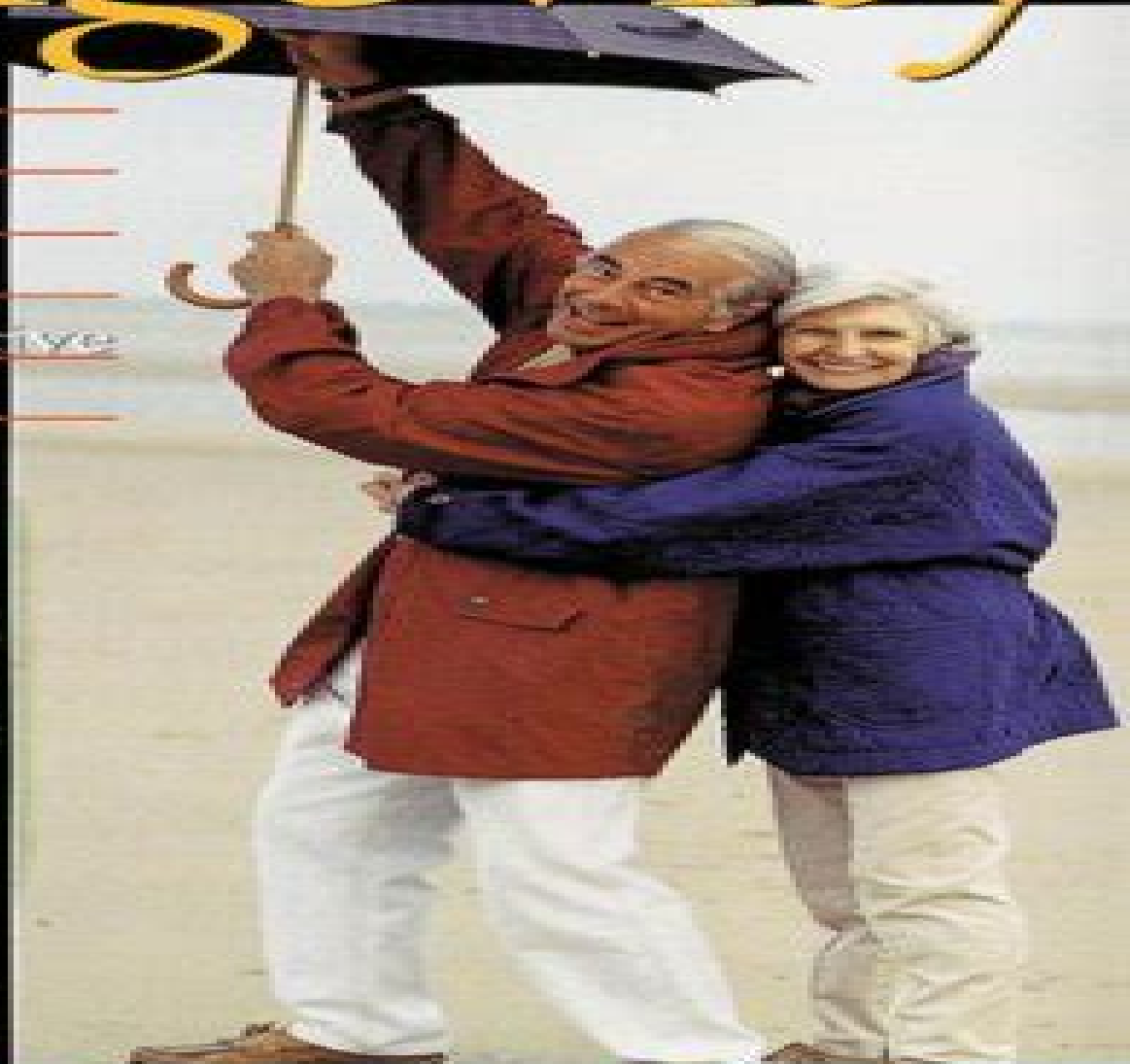


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Longevity An Alternative Medicine Definitive Guide

Suzanne Somers



Longevity An Alternative Medicine Definitive Guide:

Alternative Medicine, Second Edition Larry Trivieri, John W. Anderson, 2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States Alternative Medicine The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world's leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof Highlights dozens of actual patient stories and physician treatments *Alternative Medicine Magazine's Definitive Guide to Sleep Disorders* Herbert Ross, Keri Brenner, 2013-08-20 If you suffer from insomnia sleep apnea restless leg syndrome or other sleep disorders you don't have to endure another long sleepless night This second edition of ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO SLEEP DISORDERS holds the keys to lasting relief from such sleep disturbing factors as toxic overload and body clock disruptions Outlining seven reasons why people have trouble falling and staying asleep sleep specialist Dr Herbert Ross recommends several natural techniques detoxification dietary change mind body therapies exercise and more to promote better sleep while enhancing your overall health Unlike sleeping pills which decrease sleep quality and become less effective over time these holistic treatments will benefit your whole body over the long term to help you lose weight increase immune system function boost energy improve mood and enhance concentration Good health and vitality are just a good night's sleep away **Alternative Medicine** Larry Trivieri, Jr., John W. Anderson, 2002 21st Century Science Collection *The Sinatra Solution (Volume 1 of 2) (EasyRead Super Large 24pt Edition)* , Alternative Medicine Magazine's Definitive Guide to Weight Loss Ellen Kamhi, 2012-11-06 Alternative medicine holds the key to losing weight permanently By correcting imbalances resulting from such conditions as food allergies overactive hormones yeast infections an underactive thyroid or parasites the health promoting tips and techniques in this book will help you restructure your health and melt away unwanted pounds This simple program kicks off with a comprehensive detox to flush toxins commonly stored in fat cells out of the system Next it presents new ideas for losing weight by matching your diet to your unique body type and learning to choose the right fats sweeteners and supplements Featuring more than twenty healthy recipes detox teas and juices lymph stimulating methods for banishing cellulite a menu based eating plan and the Super Seven Home Workout ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO WEIGHT LOSS contains everything you need to get energized and become the healthy trim person you've always wanted to be *The Sinatra Solution (Volume 1 of 2) (EasyRead Super Large 18pt Edition)* , **The Sinatra**

Solution Stephen T. Sinatra, 2007-10 A board certified cardiologist discusses the importance of energy metabolism on cardiovascular health and the positive impact three energy supplying nutrients CoQ10 Carnitine and Ribose have on the cardiovascular system **The Sinatra Solution (Volume 1 of 2) (EasyRead Super Large 20pt Edition) , Knockout**

Suzanne Somers, 2010-10-05 In Knockout Suzanne Somers interviews doctors who are successfully using the most innovative cancer treatments treatments that build up the body rather than tear it down Somers herself has stared cancer in the face and a decade later she has conquered her fear and has emerged confident with the path she s chosen Now she shares her personal choices and outlines an array of options from doctors across the country EFFECTIVE ALTERNATIVE TREATMENTS without chemotherapy without radiation sometimes even without surgery INTEGRATIVE PROTOCOLS combining standard treatments with therapies that build up the immune system METHODS FOR MANAGING CANCER outlining ways to truly live with the disease Since prevention is the best course Somers experts provide nutrition lifestyle and dietary supplementation options to help protect you from getting the disease in the first place Whichever path you choose Knockout is a must have resource to navigate the life and death world of cancer and increase your odds of survival After reading stunning testimonials from inspirational survivors using alternative treatments you ll be left with a feeling of empowerment and something every person who is touched by this disease needs HOPE **Heal Thyself** Pieter De Wet, 2010-06-29 With our health care system at its breaking point it is incumbent upon each of us to learn how to better take care of ourselves Is it conceivable that disease is a blessing not a curse a biological solution to internal imbalances created by unresolved inner conflicts lifestyle environmental toxins and infectious agents Author and doctor Pieter J De Wet sheds new light on why and how you get sick and guides you through the most critical steps on how to gain your health back in Heal Thyself Transform Your Life Transform Your Health Every patient should read this book in order to gain optimum health Heal Thyself helps even the novice patient understand how most illnesses actually develop and how the patient can take responsibility for their own recovery using safe effective noninvasive techniques William Lee Cowden MD MD H By understanding the purpose of disease and its root causes the solutions become readily apparent Follow Dr De Wet s twelve week plan and let Heal Thyself empower you to embrace these solutions and no longer feel that you are at the mercy of unpredictable and devastating scourges

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