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- **Cancer**
- **Depression**
- **Other age-related diseases**
- **And much, much more!**

Paul Frankel, Ph.D.
with Nancy Pauline Bruning

Methylation Miracle Unleash Your Bodys Natural Source Of Same

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The Methylation Miracle Paul Frankel, Nancy Pauline Bruning, 2014-02-04 Jump start your body s SAME production and reduce the risk of heart disease Alzheimer s disease cancer depression and other age related diseases Suddenly everyone is buzzing about SAME an extraordinary natural chemical we all manufacture When SAME levels are increased some amazing things start happening many people have found relief from such debilitating illnesses as depression and liver disease Now based on his own revolutionary findings Dr Paul Frankel explains a safe natural groundbreaking program of supplements diet changes and lifestyle modification that will enhance your body s natural methylation process the one that creates SAME This biochemical reaction also reduces the risk of cancer premature aging and heart disease as well as protecting our bodies from harmful toxins promoting optimum health and well being Discover The Methylation Miracle today and find out how this extraordinary program can dramatically improve your health and enhance the quality and duration of your life *Healing and Wholeness* Randi Fredricks, 2008 *Healing and Wholeness Complementary and Alternative Therapies for Mental Health* provides a comprehensive overview of complementary and alternative treatments for mental health with information and research on their effectiveness for treating specific disorders Twenty two chapters document research and the current practice of using complementary and alternative therapies in treating a number of disorders including depression anxiety ADHD autism and addictions The therapies covered are both state of the art and ancient including naturopathy psychotherapy hypnotherapy nutritional therapy herbal medicine meditation and others Each chapter begins with a description of the classification of the disorder followed by discussions of scientific documentation on diet nutritional therapy herbal medicine complementary and alternative therapies psychotherapy and lifestyle changes This compendium of integrative and holistic therapies provides the reader with access to a multitude of options for improving their mental health This is a thorough guide to alternative therapies in the mental health field organizing a large amount of information in a relevant easy to use format *Healing and Wholeness Complementary and Alternative Therapies for Mental Health* can be used as a standard reference for the mental health care professional the graduate student or anyone looking to improve their emotional health To learn more about *Healing and Wholeness Complementary and Alternative Therapies for Mental Health* and to read excerpts visit www.HealingandWholeness.org *Every Body Should Know This* Federica Amati, 2024-04-25 **AS SEEN ON THIS MORNING CHANGE YOUR APPROACH TO EATING IN 2025 FOR A LIFETIME OF HEALTH** An essential nutrition and lifestyle guide across the lifespan A fascinating DIY guide to food and health read it Dr Tim Spector author of *Spoon Fed* and *Food for Life* This book contains the most critical answers to nutrition that we ve all been searching for A must read Steven Bartlett Truly amazing and completely transformative Davina McCall **A SCIENCE BACKED NUTRITION GUIDE FOR ALL LIFE STAGES** In *Every Body Should Know This* medical scientist and Head Nutritionist at ZOE Dr Federica Amati explores the real science behind nutrition By following her advice you will learn how to eat for best health at each life

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