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Secrets of Naturally Youthful Health and Vitality

by Samuel Homola, D.C.

Foreword by Paul-Emile
Chevrefils, M.D.



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Secrets Of Naturally Youthful Health And Vitality

Joan Y. Kahn



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Secrets of Naturally Youthful Health and Vitality Samuel Homola, 1971-01-01 **The Chiropractor's Self-Help Back and Body Book** Samuel Homola, 2002 Provides guidance and chiropractic based techniques for relieving one's back neck hip leg shoulder arm wrist and head pain at home and at work and discusses such topics as arthritis sciatica osteoporosis and hypoglycemia **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1973 National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1972 First multi year cumulation covers six years 1965-70

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The Outlook Lyman Abbott, Hamilton Wright Mabie, Ernest Hamlin Abbott, Francis Rufus Bellamy, 1920 **Doctor Homola's Natural Health Remedies** Samuel Homola, 1973 *History of the Natural and Organic Foods Movement (1942-2020)* William Shurtleff; Akiko Aoyagi; , 2020-04-09 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 66 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books **Chinese Health Care Secrets** Henry B. Lin, 2000 Discover how you can heal yourself and others and achieve optimum health when you practice the techniques in Chinese Health Care Secrets by Henry B Lin Grounded in Taoist principles Nature's Way the age old wisdom of China teaches that by living your daily activities in accordance with the laws of nature you can achieve and maintain ultimate health and wellness Chinese Health Care Secrets is a comprehensive reference to the history and practices of Chinese health care It offers highly effective techniques that are completely natural and easy to use Many have never before been published and are considered secrets even in China Easy to read and fully illustrated Chinese Health Care Secrets explains Secrets of sexual vitality Qigong breathing meditation and energy exercises Dharma massage and gentle physical movements Secrets of rejuvenation and longevity Over sixty of nature's most potent healers Acupressure learn techniques and the locations of over 100 acupoints with full illustrations so you can perform this powerful healing system A handy A to Z reference guide to common ailments

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