

It's Keeping You Healthy

PEACOCK BOOKS

John Harrison, M.D.

Love Your Disease Its Keeping You Healthy

Peter Jackson-Main

Love Your Disease Its Keeping You Healthy:

Love Your Disease John W. Harrison, 2018 Love Your Disease It's Keeping You Healthy encourages readers to explore the contributions they make to their own health assists in identifying attitudes and beliefs which impact well being and signposts Love Your Disease John W. Harrison, 1988-01-01 This controversial and thought provoking a way to recovery Back of book book maintains that disease is both self created and self cured A guide for parents showing how they may be reinforcing illness patterns in their children Holism Love Your Disease John Harrison, M.d., 2017-05-04 Love Your Disease Highway to Health is the second book in the Love Your Disease series The first book is Love Your Disease It's keeping you healthy and the third book is Love Your Disease Where there s smoke Highway to Health makes use of what s happening in your life at the moment to address health issues By noting our thoughts feelings and actions which are a response to current circumstances we reveal left over issues from the past which confine our body s immune and endocrine systems making disease more likely and recovery more difficult Highway to Health is a gentle exploration of who you are and how who you are is an integral part of your health and well being We are the most significant and the most ignored element of our own health not doctors or drugs and how we view ourselves others and our own lives signposts the areas of our personality which we must address if we re to heal ourselves The Love Your Disease series of self caring books is very forgiving Love Your Disease is of the view that everyone always does the best he possibly can in the circumstances in which he finds himself It is not possible for a human being to do less than her best Welcome to the exploration and the re framing of your life and your health using Highway to Health as a guide **Love Your Disease** John W. Harrison, 1984 Trauma, the Body and **Transformation** Kim Etherington, 2003-04-04 Trauma suffered during childhood can affect not only a person s emotional and mental health but also their physical health even into adulthood This unique book fills a gap in research in this area providing personal and theoretical perspectives on trauma and recovery **Iae-Dee Survives the Home of Many Mothers** Jae-Dee Collier, 2018-11-15 Jae Dee is only three years old when she's abandoned by her parents into an all girls orphanage and raised by Catholic nuns A curious cheeky intelligent and sometimes defiant child she s forced to adapt to a life of abandonment loss and grief In Jae Dee Survives the Home of Many Mothers she tells of her life experiences from the voice of her inner child until she grows older and strong enough to express her life in a more mature and perceptively insightful manner A fictional story inspired by real life events Jae Dee shares her feelings of anxiety loneliness and chronic bed wetting that stem from her abandonment neglect and abuse Jae Dee s parents suffered from alcoholism and drug abuse as well as financial and social poverty But when her parents relinquish her Jae Dee is raised by Sister Grace a Catholic Sister of Mercy and surrogate mother from hell whose hatred and inability to demonstrate compassion or nurturing toward her wards is strongly depicted in her strong and sadistic character Jae Dee calls attention to the effects of this childhood trauma and she shares how she developed skills to overcome those challenges In addition Jae Dee Survives the Home of Many

Mothers captures the cultural history of post war families and offers reflections of the South Australian social welfare system during the 1950s to mid 1960s Jae Dee Collier writes with searing honesty and ironic humour Jae Dee Survives the Home of Many Mothers takes the reader into the trauma of her early childhood experience of life at an Adelaide orphanage in the 1950s and 60s Vividly and skillfully told through a child's eyes this beautiful and tragic story of vulnerability abuse and hope needs to be told and everyone needs to read it Dr Paul Williams Program Leader Creative Writing University of the Sunshine **Natural Healing** Peter Jackson-Main, 2025-09-30 An empowering handbook exploring ways to take command of our own health through natural methods Written by an esteemed health practitioner with decades of experience this book explores a practice of natural healing also known as naturopathy or Nature Cure that is based upon the idea that nature is the only and the ultimate source of all healing and that healing itself depends upon promoting unblocking and harmonising the body s own natural vital energy In an easy and accessible prose Natural Healing presents a framework for a healthier and happier life that can easily be adapted into the busy lives of the twentieth century. The book initially presents a brief history of natural healing along with an outline of the author's own experience with natural medicine Following on from this in concise and easy to follow steps Natural Healing discusses the detoxification of different parts of the body such as the bowel kidney liver and lymphatic systems It also explores digestion discussing the influence of nutrition and diet on the body and offering varied and balanced examples Also discussed are heavy metal detoxes electromagnetism plant medicine movement sleep bodywork hydrotherapy integrated medicine and more Natural Healing is the ideal guide for anyone wishing to understand the complexities of health and healing in more details as well as an invaluable tool that will enable all health practitioners to deep their knowledge of different modalities of healing My Way Joy Nugent, 2018-01-17 Author Joy Nugent has spent three decades in the role of a private palliative care nurse being with people at the end of their life part of a lifetime of caring for others She left a comfortable life as the wife of a successful orthodontist to follow a calling and vocation In My Way One Nurse's Passion for End of Life Nugent shares not only her personal history but also her model for end of life nursing Her career and education spanned many countries from her home in Adelaide Australia to Canada the United States the UK India Singapore and Malaysia She encourages nurses to follow in her footsteps urging them to become midwives of the soul and to take charge of their own professional lives Throughout Nugent details her life experiences and travels and offers recommendations on the attitude knowledge and skills essential for building trusting patient nurse relationships Although she has had to face many challenges and struggles along the way she acknowledges that her life has been divinely guided This memoir recalls one nurse s personal and professional life provides guidance for others in gaining the confidence to die without fear and advises those comforting them at the bedside Dare to Be Yourself Alan Cohen,1994-06-14 In this powerful map to self discovery Alan Cohen draws on sources from Buddhism to the Bible from Gandhi and Einstein to A Course In Miracles sharing many of his own radiant moments of revelation on the spiritual path He

shows how we can let go of the past overcome fear and discover the power of love in our lives Once we are engaged in the work of truly being ourselves each challenge becomes an opportunity for growth each choice a lesson in commitment each relationship a renewal of God's work Dare To Be Yourself will dramatically enlighten empower and enliven you as you awaken to life and love and the unique gifts that are yours to give the world Alan Cohen has a rare and precious quality He inspires happiness and the message itself is as pure as his heart Hugh Prather The Science of Cure Tracy Kolenchuk, 2020-11-19 The Science of Cure defines and describes the elementary types of cures for any curable illnesses These elements are explored and combined to cover complex illnesses and chronic illnesses. The book explores the impact of this theory of cure on many concepts including illness disease sickness healing transformation placebo Three basic causes of illness are reviewed and their associated cure processes Cure is a verb Is a cure holistic or reductionist How can we tell The concepts of holistic and reductionist treatments are clearly defined such that we can easily determine if any treatment is holistic reductionist or a blend Is prevention better than cure Umm Not when we are sick In addition because many illnesses cause secondary diseases a cure is often the best preventative The Science of Cure is a condensation expansion and exploration of the concepts introduced in the books The Elements of Cure and A Calculus of Curing developed over several years of research and writing for the blog site Healthicine the Arts and Sciences of Health and Healthiness It is also an expansion of the papers A Definition and Exploration of Cure published on Academia edu in July 2018 and A Theory of Cure 2019 This book defines fundamental concepts of cure cures curing and cured and many related topics including cause illness disease sickness treatment remission and recurrence The Magic of Sensible Dieting Bella Tindale RN,2015-01-23 A lot of people attempt to lose weight only to find they cannot stick to a diet because it involves too many restrictions such as counting calories and eating ridiculously small portions With an easy to follow method and simple strategies author Bella Tindale proves that dieting doesnt have to be so difficult In The Magic of Sensible Dieting she offers a no nonsense flexible approach thats adapted to each persons needs This guide covers all aspects of dieting including exercise and healthy food choices providing the tools to transform your body From macronutrients to metabolism The Magic of Sensible Dieting explains everything you need to know to achieve your weight loss goal and maintain your new body shape Non judgmental understanding and empowering Tindale outlines a method that includes all aspects of dieting and at the same time debunks some common myths Giving you renewed energy and motivation Tindales strategy will help you achieve your weight loss goal while improving your overall health and well being *True North Quest* Wayne Enright, 2020-06-10 Within all journeys are hidden gems of immense value These treasures remain unknown unless we search for them Sometimes we half hear them in the stillness of a forest at sunset or between two waves in an ocean of noise Reflection is the key to discovery This journal is a companion to the publication The Spirit of Adventure Calls A Compass for Life Learning and Leadership We trust that it will serve as a helpful guide that will lead you to your own True North the place in this world where you live in alignment with

your purpose speak your truth and exist with more ease and grace despite life s inevitable challenges May you find among these pages a sacred place to reflect on your journey as you explore your vision your values your gifts passions and strengths Your most powerful Medicine will be to discover these things and share them with others As you do this you will develop a stronger sense of who you are and why you are here Every life has a sacred purpose a True North the quest to find it can lead to many other valuable discoveries along the way Link to The Spirit of Adventure Calls A Compass for Life Learning Leadership https play google com store books details id 3UW8DwAAQBAJ Spirit of Adventure Wayne Enright, 2019-11-05 When the Spirit of Adventure Calls to our Heart we must go This quote written in memory of Mark Auricht who died on Mt Everest in 2001 reminds us of our enduring connection with nature and the magnetic attraction of adventure It not only enlivens our soul but also has the power to draw from within us a strength courage resilience and passion that for some lies dormant until awakened Beyond the story of triumph and tragedy in the Himalayan landscape this book is also about the journey that takes place within us when we explore the limits of our self imposed boundaries to find the hidden treasures of our heart As the world enters a time of unprecedented change we must evolve new ways of thinking living learning and leading that will help us to navigate the challenging terrain of this new frontier May this heart felt tribute to the enduring spirit of Mark Auricht serve as an inspiration and a compass for future leaders adventurous souls and **Complementary and Alternative Medicine** Ruth Barcan, 2020-05-26 Alternative explorers of human potential therapies once the province of the hippie counterculture are now a mainstream phenomenon But they are more than a medical and economic sensation At once spiritual and bodily medical and recreational they are an enormously popular cultural practice bound up with the pleasure seeking drive of consumer culture as well as with spiritual and neo liberal values Complementary and Alternative Medicine critically examines this phenomenon which some denounce as the triumph of superstition over reason by asking practitioners themselves what makes these therapies so appealing Drawing on a wealth of interviews with Complementary and Alternative Medicine CAM practitioners as well as on the author's longstanding participation in CAM culture the book provides a much needed look from both the inside and the outside of the CAM phenomenon This book is essential reading for students and scholars of cultural studies anthropology sensory studies and Realising Health Philip Conford, 2020-08-19 This book examines the history of the Pioneer Health Centre in sociology Peckham South London and the various offshoots to which it gave rise A world renowned experiment in health creation it was nevertheless forced to close in 1950 but its example and ideas have continued to inspire doctors public health workers and community builders The text investigates the reasons why the Pioneer Health Centre and other initiatives have found it difficult to make headway It looks at factors such as financial and administrative problems various vested interests including those of pharmaceutical companies and the medical profession and underlying these considerations the tension between the principles of Hygiea the goddess of healthy living and Aesculapius the god of healing and surgery Our culture values those

who try to put things right more than those who try to ensure they do not go wrong in the first place The book opens with a thorough examination of the concept of health sets the Pioneer Health Centre in its socio historical context and shows how a number of contemporary projects have been developed along broadly similar lines It draws on many primary sources and on interviews with people committed to the cause of realising health The Power Behind Your Eyes Robert-Michael Kaplan, 1995-10-01 Good vision is more than the ability to see 20 20 on an eye chart Any vision problem is a message alerting us to an unbalanced inner state Eyeglasses medications and surgery may correct poor vision but they cannot correct this inner imbalance In The Power Behind Your Eyes Robert Michael Kaplan presents Integrated Vision Therapy a comprehensive daily program that can actually improve as well as treat the inner causes of poor vision More comprehensive than other vision care techniques Integrated Vision Therapy takes a holistic approach to identifying the causes of vision problems and developing noninvasive natural strategies for treatment including clear easy to follow exercises diets and changes in daily habits **Ceremony of Innocence** Kay Carmichael, 2016-07-27 What use are tears What is their purpose In this original and disturbing book Kay Carmichael argues that we underestimate the importance of this powerful means of communication Tears are dismissed as a symbol of weakness when we should value them as a source of energy and creativity In vivid case histories based on original research she shows how why when and where human beings cry and the barriers placed in their **Orange Coast Magazine**, 1989-07 Orange Coast Magazine is the oldest continuously published lifestyle magazine way in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange The "I Love My Instant Pot®" Anti-Inflammatory Diet Coast is the definitive guidebook into the county s luxe lifestyle Recipe Book Maryea Flaherty, 2019-10-01 Officially authorized by Instant Pot 175 anti inflammatory diet recipes to make for the hottest kitchen appliance the Instant Pot for those who want fast delicious meals the whole family will love Chronic inflammation is a major health risk and can wreak havoc on your body contributing to many types of diseases But preventing and or reducing inflammation doesn t have to be an overwhelming challenge Diet particularly one high in processed fatty and sugary foods is one of the main causes of chronic inflammation but by introducing anti inflammatory meals into your diet you can reduce inflammation and enjoy a healthier lifestyle The Instant Pot can be used to create healthy anti inflammatory meals that are quick easy and most importantly delicious With 175 recipes and photographs throughout this cookbook is perfect for those who follow an anti inflammatory diet Whether you are new to the Instant Pot or an expert this easy to understand cookbook takes you step by step through exactly how the Instant Pot works and offers simple recipes that anyone can follow The I Love My Instant Pot Anti Inflammatory Diet Recipe Book shows you how to make satisfying whole food dishes from

breakfast to dinner and from snacks to dessert Discover how quick and easy it is to follow the anti inflammatory diet using everyone s favorite cooking appliance This cookbook makes creating healthy recipes in your Instant Pot easier than ever

Work and Unseen Chronic Illness Margaret Vickers,2002-09-09 In an increasingly ageing society medicine hygiene and nutrition have reduced the impact of acute and life threatening illnesses However whilst we are living longer the chance of developing or contracting a chronic illness is increasing There are a growing number of working adults affected by chronic health conditions that may be largely invisible to those around them In this book the author explores the silent problem of unseen illness at work The author employs qualitative research methods to challenge the idea that if you look well you must be well While demonstrating the effectiveness of this controversial methodology she uses it to expose the voices of a group of marginalized workplace actors who have hitherto remained unheard Stories from people with cancer multiple sclerosis endometriosis and other illnesses are interspersed with the author's reflections about life and work with illness that others cannot see These stories reflect a passage of trauma and marginalization but also foreground themes of survival

Whispering the Secrets of Language: An Psychological Journey through Love Your Disease Its Keeping You Healthy

In a digitally-driven earth where displays reign supreme and quick connection drowns out the subtleties of language, the profound secrets and emotional nuances concealed within words frequently go unheard. However, located within the pages of **Love Your Disease Its Keeping You Healthy** a fascinating fictional value sporting with raw thoughts, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, that charming opus attracts readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within ab muscles material of each and every word. Within the mental depths with this touching evaluation, we will embark upon a heartfelt exploration of the book is primary subjects, dissect its captivating writing fashion, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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