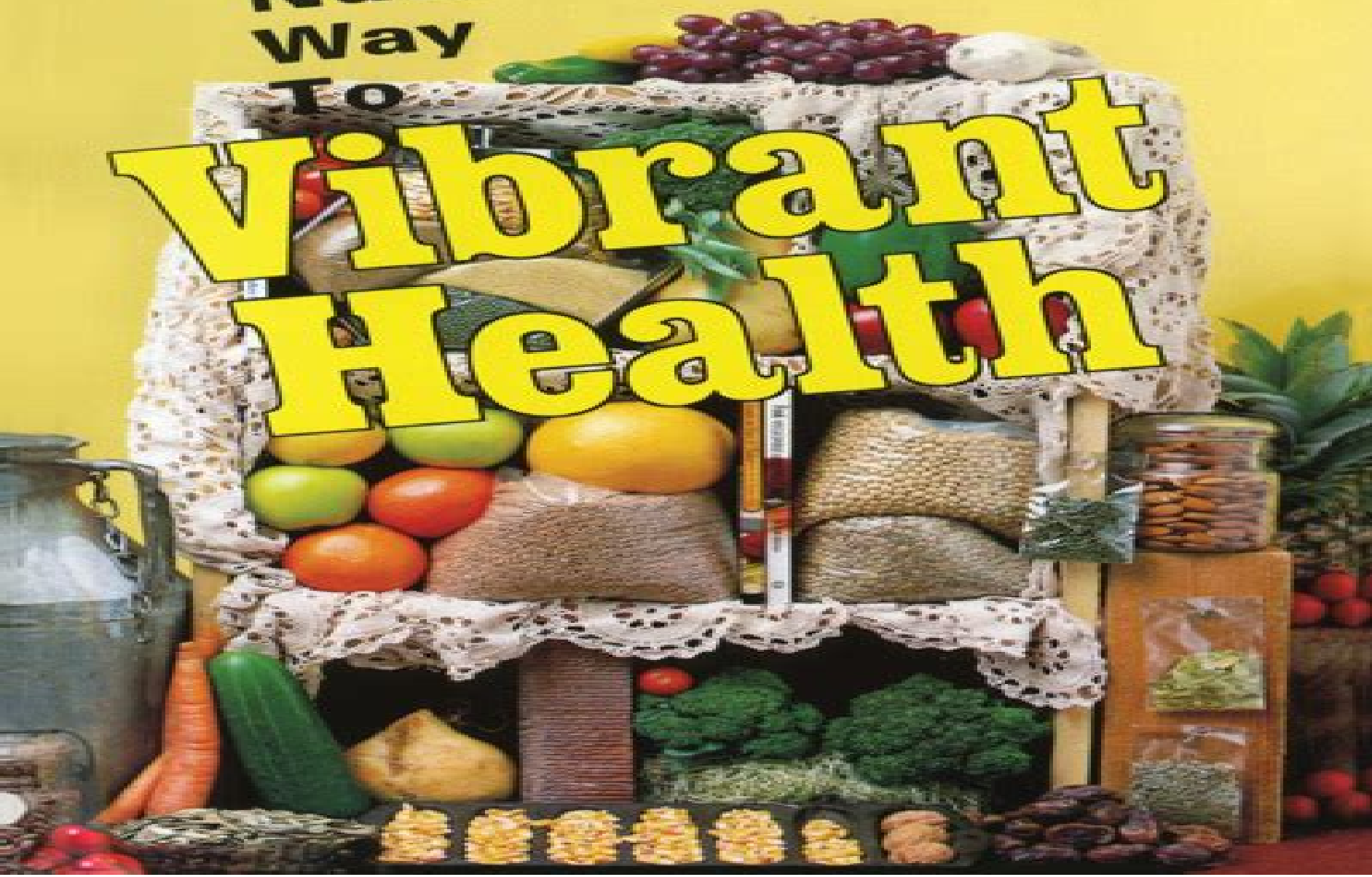


by Dr. N.W. Walker

**The
Natural
Way
To**

Vibrant Health



Natural Way To Vibrant Health

Guy Proulx



Natural Way To Vibrant Health:

The Simple and Natural Way to Vibrant Health George X. Yu, 2009-10-16 The Simple and Natural Way to Vibrant Health is the product of over a decade of investigation and research that has drastically transformed the author's life. Chronic conditions such as high blood pressure, allergies, obesity, and diabetes have skyrocketed worldwide in recent decades. In fact, most people have at least one health problem, big or small. Surprisingly, the root causes of chronic diseases are rarely explored and often regarded as unknown. Without understanding the causes, disease prevention is difficult, if not impossible. Indeed, the majority of people are not aware of the fact that they are the authors of their own health and they have full control over their well-being. By revealing the fundamental causes of chronic diseases, this book presents a simple and natural way to get well and stay fit. These timeless secrets are not based on the latest hype, such as red wine or dark chocolate, and they will not go out of fashion like fad diets. Furthermore, the book goes beyond food and drink and covers every aspect of one's lifestyle important to one's health, including air, sun, physical activities, emotional well-being, personal care products, cell phone use, detoxification, and much more. Unlike the complex and sometimes contradictory information in the public domain, the natural eating and living principles in this book are remarkably simple and clear. They have been tested by time, substantiated by science, and demonstrated by personal healing experiences. The Simple and Natural Way to Vibrant Health lets you take control of something that is rightly yours: your health.

Become Younger Norman W. Walker, 2010-11-09 Dr. Walker lays out his program on how to become younger, which he partly defines as having all or most of the attributes of youth: health, energy, vitality, and perpetual laughter on the lips and in the eyes. The key to accessing both more energy and more vitality lies in changing our eating, drinking, and living habits. Dr. Walker encourages people to develop a very definite philosophy he calls Right Thinking, which is maintaining a positive outlook and positive thoughts about themselves and others. Together with the other principles outlined in his program, he offers readers knowledge that gives them the courage to make the changes necessary. Readers are given a brief yet concise introduction to different parts of our anatomy and how these systems work for and against us, depending upon the food we consume. Dr. Walker recommends changing old eating habits to include natural, nourishing foods. The use of juicing, fasting, and eating natural, organic foods in their unprocessed forms, including mostly raw fruits and vegetables, play an important role in maintaining good health. Through his personal observations, experience, and knowledge, Dr. Walker provides the information needed to stay younger.

The natural way to vibrant health Norman W. Walker, 1972

Raw Bella Mahaya Carter, 2025-07-30 Raw is the story of one woman's quest for health and happiness, which dragged her kicking and screaming into spiritual adulthood. Anxiety and a desire to heal it holistically, even before she knew what it was, is at the heart of this story, which reveals Carter's struggles to face her fears, release perfectionism, surrender things beyond her control, and find validation within for her life and work. The book is divided into three sections: body, mind, and spirit, and it begins with Carter's efforts to holistically cure chronic stomach problems.

Toward that end she adopted a 100 percent raw vegan diet which eased her symptoms and produced impressive unexpected perks but didn't completely heal her. She then looked to her mind for answers and discovered that unconscious negative thoughts combined with a stressful hectic paced life sabotaged her well being. Finally a few mystical experiences brought her home to a visceral understanding of who she really is. **Fresh Vegetable and Fruit Juices** Norman W. Walker, 2010-11-09

Dr Walker is a huge proponent of nourishing your body with fruit and vegetable juices and explains how the lack or deficiency of certain elements such as vital organic minerals and salts and consequently of vitamins from our customary diet is the primary cause of nearly every sickness and disease. While there is still a place for eating raw whole vegetables and fruits due to their fibrous content, Dr Walker recommends nourishing our bodies with fruit and vegetable juices due to their high enzymes content. He explains why fruits are considered the cleansers of the human system and vegetable juices are the builders and regenerators of the body using basic terminology that is easy for the lay person to understand. **High**

Frequency Health Lee Bracker, 2011-11-11 High Frequency Health covers a wide range of nutritional and disease related issues including the best diet philosophy, natural treatments for cancer, diabetes, Hepatitis C, AIDS and so much more. This reference guide places particular emphasis toward the healing modalities associated with alcohol related problems, reactions and solutions. Water: the Universal Healer Guy Proulx, 2012-08-27

Water The Universal Healer shares the lifesaving message that with adequate clean water the body heals naturally and that the effects of many common health complaints can be alleviated with proper hydration. Author Guy Proulx began lecturing on hydration before it became popular; he witnessed its success among his massage clients. He makes the vital point that of all the mammals on this planet, humans are the only ones who drink anything but water once they are finished nursing. Educating and teaching individuals about how the body works has always been his most powerful healing tool. The Earth consists of more water than land mass. Water gives life to the whole planet and every living being on it. Consider these three amazing facts about water: There is not one thing on Earth that water cannot break down. Even diamonds in time are no match for water. There is nothing that water will not clean or dilute. Water is the universal solvent. There is absolutely no living organism on the planet that does not depend totally on water for its healing powers and lifegiving nourishment to survive. Water The Universal Healer speaks to the fact that to intentionally deprive your body of water is tantamount to embarking on a slow, insidious and premature death. **The Raw Food**

Lifestyle Ruthann Russo, 2010-05-18 Ruthann Russo has been a vegetarian and vegan for more than 20 years and in 2007 became a passionate raw food enthusiast. She brings that passion to the pages of this comprehensive introduction to raw and live food. In simple encouraging language she conveys a wealth of information from the philosophy of raw food nutrition to how it affects the body to how to transition from a regular diet to one that promotes physical, emotional and spiritual health. Using examples from her own life, Russo lays out a practical plan for making the switch that starts with realizing the need to change one's diet and health and then stresses small dietary changes to discover what raw foods work and assessing

reactions She profiles cacao raw sweeteners water pH level of foods juices versus smoothies salt the process of dehydrating food garlic and onions and overall food preparation Russo highlights what supplements superfoods vitamins green products to include in the diet She emphasizes the spiritual aspects of the movement as well exploring meditation yoga Buddhism peacefulness and fasting **Ecotarian Diet** Toni Toney,2020-10-06 A sustainable way of eating for your body and your planet The Ecotarian Diet is far more than being a vegan vegetarian or raw foodist It is a sustainable way of eating that supports the ecological balance of our bodies and our planet Change the foods you re burning for fuel and you ll not only change the course of your life but the life of your planet *The Birchcreek Secret to Total Health* Ron Odató,Julie Odató,2012 The Odatos founders of Birchcreek Retreat Weight Loss and Wellness Center have dramatically improved the lives of thousands through this well designed and well tested program and encourage readers to return to the nourishment of living foods

Embark on a transformative journey with Explore the World with is captivating work, **Natural Way To Vibrant Health** . This enlightening ebook, available for download in a convenient PDF format PDF Size: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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