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THE WAY TO VIBRANT HEALTH



A MANUAL OF BIOENERGETIC EXERCISES

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Natural Way To Vibrant Health

George X. Yu



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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

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 popularhe 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 Odat,Julie Odat,2012 The Odats 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

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