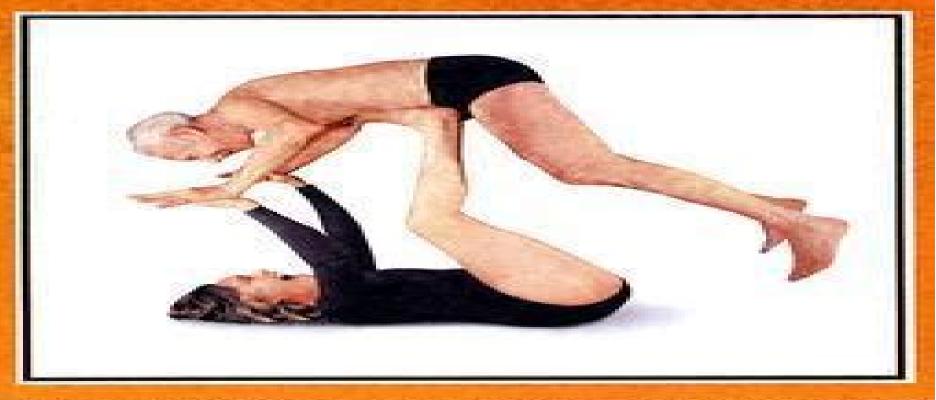
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the eyes The key to accessing both more energy and more vitality lies in changing our eating drinking and living habits Dr Walker encourages people to develop a very definite philosophy he calls Right Thinking which is maintaining a positive outlook 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 Hiah 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

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