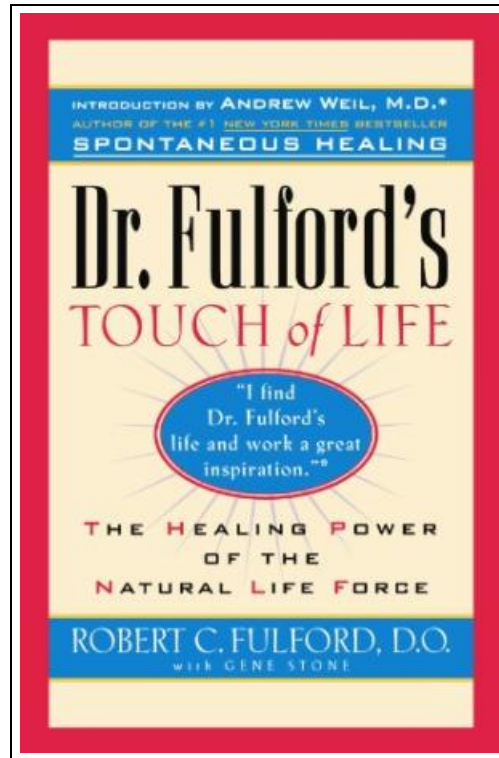


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Reviews

This published publication is wonderful. Of course, it is actually engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
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TOUCH OF LIFE



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SIMON SCHUSTER, United States, 1997. Paperback. Book Condition: New. Reprint. 208 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Ninety-one-year-old Dr. Robert Fulford, the exceptional healer introduced to readers in Dr. Andrew Weil s landmark bestseller Spontaneous Healing, has spent more than fifty years successfully treating patients failed by conventional medicine. In this information-packed volume, he explains the function of the life force, or vital energy, that is the foundation of good health, delineates the healing principles of osteopathy, shares compelling case studies of patients he has treated, provides strategies to attain and sustain optimum good health, and offers advice on integrating natural healing methods with modern health care. Whether the issue is serious illness or less severe maladies that can sap our vitality, his practical, specific techniques for strengthening our natural healing capacities present invaluable alternatives to costly, invasive, and often unsatisfactory typical medical interventions. Dr. Fulford s Touch of Life includes why our natural state is always good health, and how to foster it; the vital role of breathing in sustaining good health - from first breath onward; why any trauma can adversely affect us, even years later; how negative thought patterns can disrupt the body s chemistry - and how to overcome them; surprising insights on herbs, homeopathy, vitamins, and diet; basic stretching and breathing exercises to enhance our own healing powers - in just thirty minutes each day; and the link between spirituality and good health - and how to create it.



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