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Your Circle of Health: A Holistic Reference Guide to Natural Health

By Susan Hall Nd Phd

Transpersonal Publishing. Paperback. Book Condition: New. Paperback. 225 pages. Dimensions: 8.4in. x 5.5in. x 0.5in. The authors emphasis is on holistic, integrative, and natural health resources relative to the three circles of health, that of Body, Mind, and Spirit. Dr. Halls Introduction Chapter explains to prospective readers the following: The purpose of this book is to provide a quick reference guide to alternative and complementary natural health care options from popular health approaches. It would be time-consuming and expensive for you to gather information from all the natural health care resources available. This book will give you the flavor of those natural alternative health care remedy books, and highlight their contents, . She continues, The first circle of health incorporates nutrition and exercise, or, as we think of it, our physical body. The second circle of health is mental health, or our emotions, inner thoughts, and inner light. Those emotions and thoughts also affect the way we eat. Stress is a major component of our emotions, and it ultimately affects our eating habits. The final circle of health, which is interwoven with the other circles, is spiritual health, or our values and beliefs. All of those circles overlap and influence the...



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