



Naturopathic Healing Handbok (Paperback)

By Michael Schwartz

Inner Health Books, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Naturopathic Healing Handbook is an essential guide to understanding how to live a healthy life. -How to protect the body from disease, stress, and aging -Diet and nutrition for better health -Natural Keys to healing your body and mind -Preventing viruses and free radical damage -Stoking your immune system with vital nutrients -Natural herbs, vitamins, and minerals that fight disease For allergies and anxiety, thyroid conditions, weight loss and cancer, for menopause, migraines and all the maladies of modern life, Michael Schwartz provides detailed advice based on his decades of experience working in the natural foods and medicine industry.



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