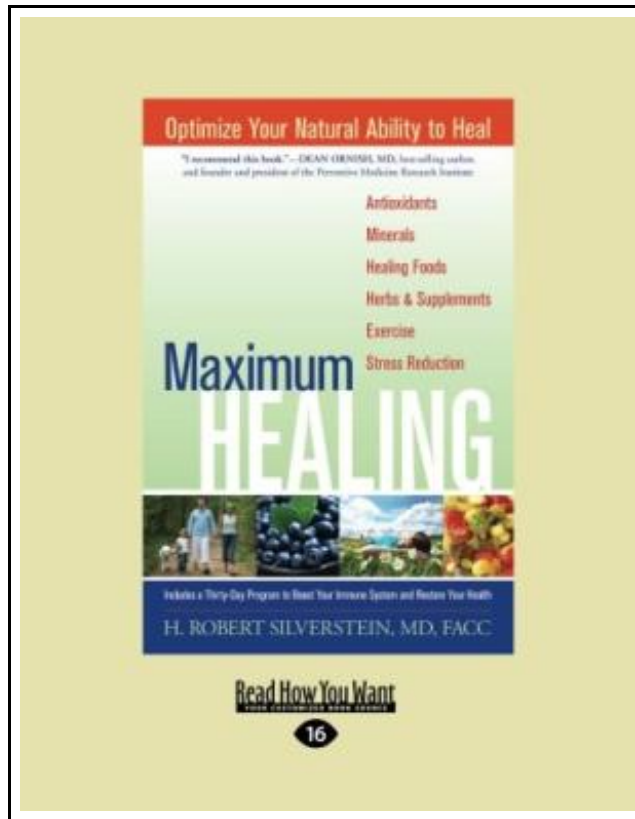


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MAXIMUM HEALING: OPTIMIZE YOUR NATURAL ABILITY TO HEAL



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ReadHowYouWant. Paperback. Book Condition: New. Paperback. 420 pages. Dimensions: 10.0in. x 7.8in. x 0.9in. Based on his CAIM (Complementary-Alternative-Integrative-Medicine) approach, Dr. H. Robert Silverstein outlines a program that integrates modern medical practices with alternative and ancient forms of healing. Recalling the work of Andrew Weil and Larry Dossey, the book argues that our self-healing mechanism the immune system is more powerful than we think. If we make wise diet and lifestyle changes, says Silverstein, the immune system can function at an optimal level, restoring health and preventing future illnesses. Part I explores the five keys to health five critical domains that affect the immune system: the quality of our air, water, and food; the degree of physical activity we engage in; and the degree of positive feelings and stability in our psychological and emotional lives. Providing a clear description of the immune system, the book details the elements of good health, which include healing foods, minerals, antioxidants, herbs, physical activity, and the avoidance of unrealistic thinking. Part II contains a thirty-day program divided into four parts: diet, exercise, outlook on life, and creating balance in daily life. The book concludes with over sixty restorative recipes designed to boost immunity and help fight chronic illnesses. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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