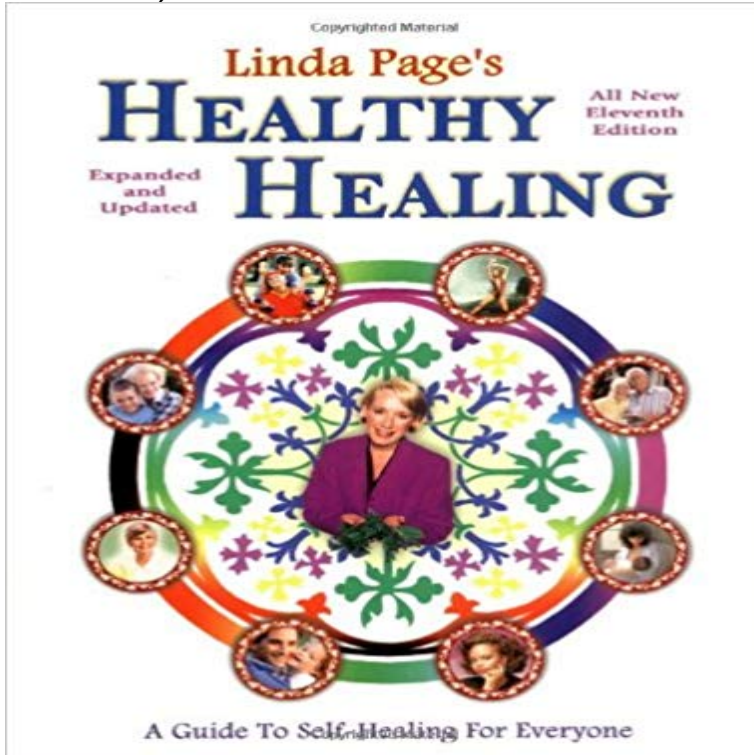


# Healthy Healing: A Guide to Self Healing for Everyone (Eleventh Edition)



When Healthy Healing was first written, it was the only book of its kind. Now, bigger and better than ever, Healthy Healing is used by people around the world including practitioners, educators and health store staff. Why? Because it is complete and easy to use! First, look up the illness in the handy table of contents. This alphabetical listing of over 150 health complaints directs readers to the encyclopedic reference section. For each ailment, there are alternative health care therapies: diet and superfood, herbal and supplement, and lifestyle support. This book also contains a wealth of information - complete lifestyle programs for people with special needs, programs for children, a new expanded guide to detoxification and more! \*100 new pages \*Easier to use \*New - Personal Ailment Analysis Section - Help Yourself Customize your own healing program. Whats your problem? Choose the best therapy. \*Natural Healing Product Section \*Updated - How to use - Safety Cautions \*Expanded Food Is Medicine Section \*The Latest about natural healing for children \*Natural Healing For Pets Section

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