



Unbreak Your Health: The Complete Guide to Complementary Alternative Therapies

By Alan E. Smith

Loving Healing Press. Hardcover. Book Condition: New. Hardcover. 220 pages. Dimensions: 10.1in. x 7.3in. x 0.8in. You can enjoy better health right now without prescription drugs with this comprehensive health and wellness guide for mind, body, and spirit. Looking for a map to find your way in the world of complementary or alternative therapies? That's the reason for this exciting new book, *UnBreak Your Health*! This is the complete guide to different types of alternative medical concepts, different processes and techniques along with a variety of healing devices. Most mainstream medical doctors believe in the old adage that you can't unbreak the mirror so they try to glue your health back together with drugs. Holistic and natural therapy practitioners want to treat the real source of the problem and deal with all facets - mind, body and energy spirit. This complete approach to health care can produce dramatic results, often after doctors have declared there is nothing that can be done. Discover everything from Acupuncture to Zen Bodytherapy. Learn about devices from Edgar Cayce's Radiac to the newest cold laser technology. Hear from real people who have experienced these therapies and products. Find out how to maximize your wellness and prevent illness. *UnBreak...*

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