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An A to Z Guide to Holistic Healing

By Cissi Williams

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. From Asthma to Varicose Veins an outline of the reasons why dis-ease occurred in the first place, various ways you can take charge and improve your health, including complementary treatments recommended to help the body and the mind in the healing process. Why does one person get sick whilst another exposed to exactly the same virus, germ or bug stay perfectly well? Our body is a mirror of our mind and soul, and by discovering the emotional, mental and spiritual causes of a disease as well as the physical ones, we have more resources to actually heal our bodies instead of merely treating the symptoms. Whilst recognising that allopathic medicine has its place, this useful book enables the reader to take charge of their own health and well-being thanks to a comprehensive listing and description of the complementary treatments available for specific conditions. Pills and surgery do not always cure the underlying problem and can create new symptoms and side effects. Complementary therapies ranging from homeopathy, aromatherapy, Bach flower remedies, osteopathy, energy healing, hypnotherapy and many more can help where allopathic methods fail or bring only partial results, because they take a more...



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