



The Nature of Healing: Heal the Body, Heal the Planet

Rosanne Lindsay

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In today's 'age of technology,' the costs of disease and disease rates have been escalating in all age groups with no end in sight. Is it possible we have been focusing on treatments and searching for cures without understanding the cause of disease or the real nature of healing? Like art, healing is a work in progress as unique as the healer. As art imitates life, healing imitates nature. Just as the planet is not set up to fail, neither are we. True health reflects a connection to our environment to find balance. As such, health is our birthright and our natural state. The Nature of Healing is really a journey without a destination. Your health today reflects every choice you make along the way, from the foods you choose to put into your body, to the beliefs you choose to keep in your mind. Your answers are not found outside yourself. They come to you in the form of signs from your body, mind and spirit. Since your choices ultimately lead toward health or disease, your health becomes your responsibility. The true nature of healing recognizes that our nature is Nature. And if given the right tools, the body has the innate capacity to heal itself. The Nature of Healing, Heal the Body, Heal the Planet offers one tool on the road to healing. The book is separated into three sections: body, mind, spirit. While all aspects work together, you can choose to begin from any aspect. When to begin the journey is up to you. Just remember to enjoy the ride.

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Have you spare time for a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a go walking, shopping, or went to typically the Mall. How about open or perhaps read a book entitled The Nature of Healing: Heal the Body, Heal the Planet? Maybe it is for being best activity for you. You realize beside you can spend your time with your favorite's book, you can better than before. Do you agree with it has the opinion or you have different opinion?

Jan Doyle:

Reading a guide tends to be new life style in this particular era globalization. With reading you can get a lot of information that can give you benefit in your life. Having book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire all their reader with their story or their experience. Not only situation that share in the ebooks. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors in this world always try to improve their skill in writing, they also doing some exploration before they write to their book. One of them is this The Nature of Healing: Heal the Body, Heal the Planet.

Andrew Hulbert:

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