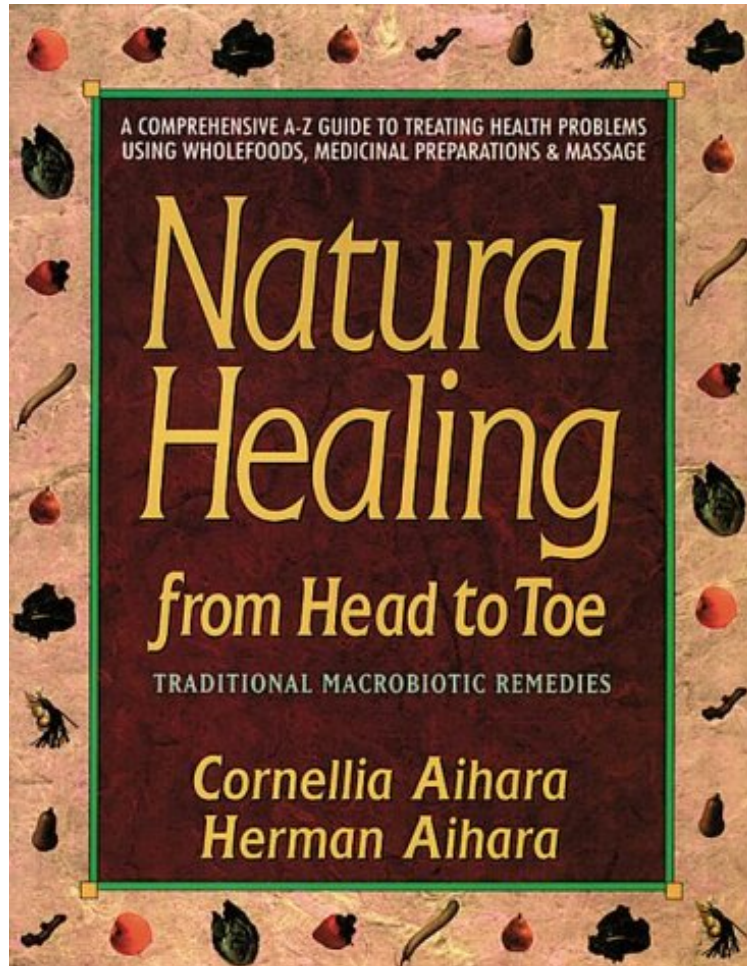


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Natural Healing from Head to Toe

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Cornelia Aihara : Natural Healing from Head to Toe before purchasing it in order to gage whether or not it would be worth my time, and all praised Natural Healing from Head to Toe:

2 of 2 people found the following review helpful. Highly recommended. By J. Sierra My copy Fell apart, so I ordered another. Macrobiotics won't cure every malady, but a macrobiotic diet puts the body in balance so that many temporary problems can be resolved by teas, condiments, plasters, etc. Highly recommended. 0 of 0 people found the following review helpful. Five Stars By Myriam S. Gaby Excellent book. 2 of 3 people found the following review helpful. Happiness is! By Willa Pearls I had had this book for many years and relied on it a lot for selfcare. Loaned it to someone and it was lost in the mail when sent back to me. Was without it for two years! I missed it! NOW I have it back! This is one of the most useful books I have ever had. I can always count on it to help in my self healing-care in the Macrobiotic philosophy.

From the rear cover of this 264 page book: "It is simple in its approach, and powerful in its effect - a diet of natural foods and the use of non-invasive home remedies made from natural food products designed to eliminate many symptoms of disease and strengthen your body's healing power. It is a philosophy of healing rooted in centuries-old traditions. In the past, these traditions were passed from generation to generation by word of mouth. Today, the macrobiotic movement embodies these dietary principles of natural healing. Cornelia and Herman Aihara, two leading figures in this movement, have spent their lives teaching tens of thousands of people the macrobiotic way to health. Here is an easy-to-understand book that puts their knowledge right at your fingertips. [This book] is a comprehensive self-help guide to hundreds of effective natural healing methods that can be used alone or in conjunction with more standard remedies - methods that heal without drugs or invasive treatments. The book is divided into four sections. It begins by explaining the healing concepts of macrobiotics. Part Two then provides an A-to-Z reference to over two hundred common health disorders. Within each entry you'll find a general explanation of the problem, including the macrobiotic view, and helpful suggestions for relief. Part Three details the numerous techniques and therapies suggested in Part Two. Part Four presents over two hundred healing recipes referred to throughout the book. For years, the Aiharas have dedicated their lives to teaching the macrobiotic way to better health. Now, the wealth of their knowledge is available to you and your family in this complete guide to this gentle yet effective art of healing."