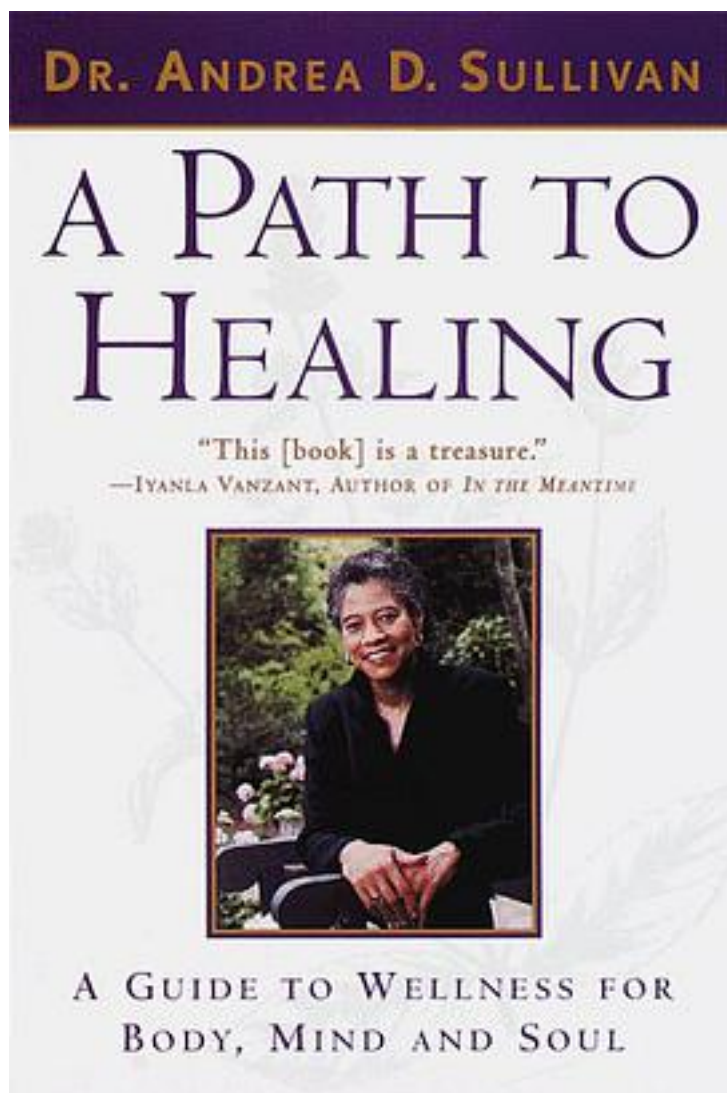


A Path to Healing



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著者:Sullivan, Andrea

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In A Path to Healing , Dr. Andrea Sullivan, one of the nation's leading naturopaths, tells readers everything they need to know about establishing wellness in their lives. In easy-to-understand language, she demystifies alternative medicine and prescribes an overall guide to maintaining health and keeping disease at bay. Special attention is devoted to the most common and dangerous diseases, including:

stress

hypertension

cancer

diabetes

obesity

HIV/AIDS

arthritis

depression

In the tradition of Dr. Andrew Weil's Natural Health, Natural Medicine , A Path to Healing is a necessary prescription for creating a healthy and balanced life.

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目录:

[A Path to Healing_ 下载链接1](#)

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