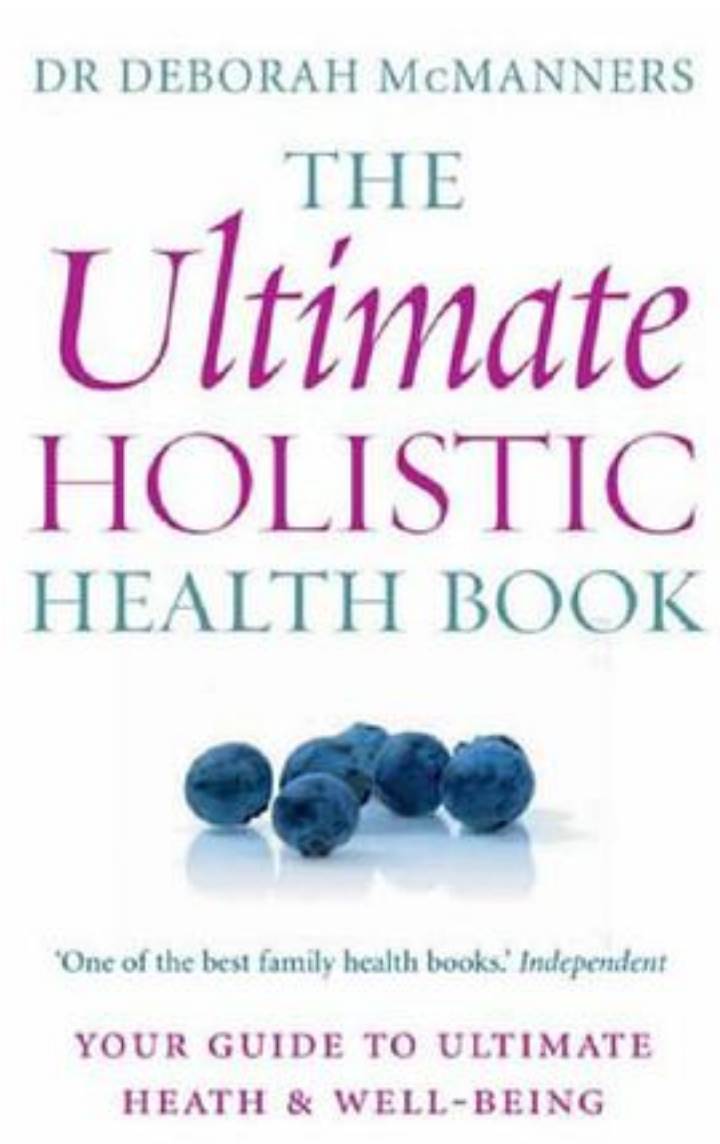


# The Ultimate Holistic Health Book



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In The Ultimate Holistic Health Book she draws on the best of integrative medicine and her twenty years' experience to help you to achieve total and lasting health, overcome fatigue and illness, and delay the ageing process. Feel the difference in only 3 weeks! Accessible and inspiring text based on integrative medicine and the Triangle of Good Health - nutritional, physical and emotional balance and wellbeing; Combines nutritional medicine, homoeopathic approaches, relaxation and stress relief techniques with conventional medicine to give the best possible advice; Questionnaires to give you insights, understanding and practical advice; Simple healthy eating guidelines to build reserves and treat specific conditions; Hard facts about how environmental factors could be affecting your health; Optimum exercise programmes devised for your sex, age and fitness level; Insights into how your emotional and spiritual state impacts your general health; Programmes for maintaining optimum health and delaying the ageing process.

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