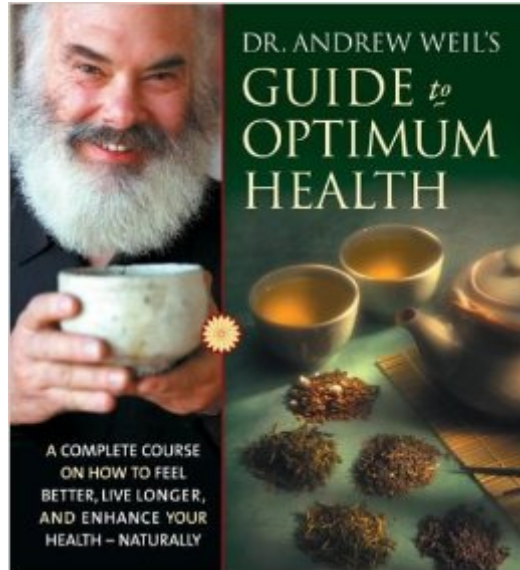


The book was found

Dr. Andrew Weil's Guide To Optimum Health



Synopsis

The Latin word for doctor (medicus) literally means "teacher": one who helps patients learn to heal and stay healthy on their own. Now, our most trusted authority for alternative healing invites you to attend his first comprehensive audio learning course with Dr. Andrew Weil's Guide to Optimum Health. On this complete nine-hour curriculum, Dr. Weil helps you take charge of your well-being with proven, natural solutions for boosting your body's self healing function, building energy, and overcoming everyday health challenges. You'll learn the same practical approach taught by Dr. Weil at his sought-after live workshops-at a fraction of the regular cost. Join this bestselling author to explore such key health questions as the healing power of your mind, your optimal diet, the benefits of herbal medicine, and much more.

Book Information

Audio CD: 8 pages

Publisher: Sounds True, Incorporated; Unabridged edition (April 1, 2002)

Language: English

ISBN-10: 1564559785

ISBN-13: 978-1564559784

Product Dimensions: 6.3 x 5.3 x 1 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #169,576 in Books (See Top 100 in Books) #3 in [Books > Books on CD >](#)

[Authors, A-Z > \(W \) > Weil, Dr. Andrew](#) #24 in [Books > Books on CD > Health, Mind & Body >](#)

[Fitness](#) #84 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

"Your mind can elicit a healing response when even conventional medicine has proven ineffective."

~Dr. Andrew Weil
For months I've been listening to this CD set, trying to integrate the principles of Dr. Weil's teachings into my life. By increasing whole grains (I now eat a mixture of pumpkin seeds, roasted corn and roasted soy), discovering new natural remedies and exploring the ideas of how the body is always seeking to regain balance, I have learned a great deal about integrative medicine. Instead of just trying to solve problems as they occur, Dr. Weil seeks to encourage a preventative lifestyle that includes healthy choices and healing herbs. Can we interact with allergens without having allergies? Does our body truly want to be healthy and what are the obstacles to healing? Should you avoid fructose? Is eating pasta better than bread? What is disconnection

syndrome?How can you become more self-reliant in regards to your health?Which is more healthy - olive oil or chocolate?How does your skin react to emotions?By reigning in the forces of nature, there is a huge potential for healing. Cooking can become a healing meditation, buying yourself flowers promotes healing and remembering to spend time in nature can encourage positive emotional states.Dr. Weil is very intuitive and is not held down by any single system of belief. He fully explores all possibilities and takes remedies from a wide variety of alternative medicine traditions.I've learned so much by listening to these CDs. Simple ideas like adding blueberries to pancakes or eating more fiber with meals can increase your health.

[Download to continue reading...](#)

Dr. Andrew Weil's Guide to Optimum Health The Harvard Psychedelic Club: How Timothy Leary, Ram Dass, Huston Smith, and Andrew Weil Killed the Fifties and Ushered in a New Age for America Dr. Andrew Weil's Mind-Body Toolkit Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health The Everything Juicing Book: All you need to create delicious juices for your optimum health Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health Feline Nutrition: Nutrition for the Optimum Health and Longevity of your Cat ROAR: How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life Walking: The Ultimate Exercise for Optimum Health Eating on the Wild Side: The Missing Link to Optimum Health Liturgical Sense: The Logic of Rite (Weil Series in Liturgics) Praying Shapes Believing: A Theological Commentary on the Book of Common Prayer, Revised Edition (Weil Series in Liturgics) Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading) Head First PMP: A Brain-Friendly Guide to Passing the Project Management Professional Exam by Andrew Stellman (2007-03-17) Andrew Wyeth: Close Friends Andrew Wyeth: A Spoken Self-Portrait: Selected and Arranged by Richard Meryman from Recorded Conversations with the Artist, 1964-2007 Jacksonland: President Andrew Jackson, Cherokee Chief John Ross, and a Great American Land Grab Evie and Andrew's Asian Adventures in Taiwan

[Dmca](#)