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and cohost of the Body of Wonder podcast and in collaboration with the AARP What if your body already has all the healing tools it needs and you just need to learn how to activate them In this groundbreaking book Dr Victoria Maizes a pioneer of integrative medicine reveals the remarkable power of what she calls the rapid recovery reflex your body's built in ability to restore balance and heal from illness injury and stress Drawing on forty years of medical experience and cutting edge research Dr Maizes shows that complete recovery is possible for a wide range of conditions when you know how to support your body's natural healing processes From short term ailments like colds and sprains to chronic conditions like asthma and diabetes to recovering from surgery this book offers evidence based strategies to heal faster and more completely Inside you'll discover Science backed strategies that can speed up recovery from common ailments like GERD UTIs anxiety asthma and eczema chronic conditions and even surgery Surprising reasons why you should sometimes let your body's natural inflammatory response do its healing work A personalized Recovery Toolkit with essential supplements practices and remedies for different conditions Integrative tools that really work when managing mental health stress and anxiety Rather than merely treating symptoms Dr Maizes shows how to address the root causes of illness while providing practical tools for activating your rapid recovery reflex This comprehensive guide empowers you to take charge of your health and tap into your body's remarkable ability to heal itself Undetermined Implications of Chronutrition: A Missing Curriculum in Medicine
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