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Lyle MacWilliam, BSc, MSc, FP

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**Lyle Dean MacWilliam, Arlene  
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Invitation to Holistic Health Eliopoulos,2017-01-20 Invitation to Holistic Health A Guide to Living a Balanced Life provides solid principles and proven measures to promote optimal health and well being using a holistic approach Divided into three parts Strengthening Your Inner Resources Developing Health Lifestyle Practices and Taking Charge of Challenges to the Mind Body and Spirit this easy to read guide it provides how to information when dealing with a variety of health related issues that includes but is not limited to nutrition exercise herbal remedies and homeopathic remedies The Second Edition as been completely revised and includes current research on the effectiveness and safety of herbs and other complementary and alternative medicine therapies The chapter on Menopause has been updated to reflect current thinking about the safe use of estrogen replacement soy products and other approaches to manage symptoms and new suggested readings and resources have been provided for further exploration into topics Provided by publisher

A Clear Path to a Vibrant Life Donna Parker,2016-10-31 My desire is for you to feel divinely happy in your body Its your temple and the vehicle to do your work in the world On the surface you want more energy better sleep and to get back into those favorite pair of jeans again Deep down you want to inhabit and fall in love with your body I can help you realize these dreams This book is designed to give you step by step guidance on how to make changes that fit into your everyday life for the rest of your life with ease and grace I make it so easy to figure out what to eat when to eat and everything in between to support you for optimal health and happiness

**The Need For Balance** Michael Spencer,2016-09-17 The Need for Balance Dealing with the Causes of Meniere s Disease is an in depth explanation of root causes that can manifest the symptoms of this condition It is a self help book for sufferers who refuse to accept the dogma of take the drugs there is nothing more to be done The knowledge gained from this book can be used and acted upon to regain health and eliminate M D from the sufferer s life completely Everything in the book is supported by medical and scientific studies data and statistics but most importantly the real experiences of other sufferers The links of each possible root cause to Meniere s is explained fully followed by actionable ways to correct or eliminate these causes What causes Meniere s in one case may be very different from the next The author has a 20 year association with Meniere s as a sufferer support volunteer researcher and writer He has been free of symptoms since 2002 completely free of the disease since 2012 Learn how you can do the same

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