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The Anatomy of Your Health

ESSENTIAL INSIGHTS ON THE HIDDEN CAUSES
OF ILLNESS AND HEALING

Caroline Myss

From the *New York Times* bestselling author
of *Sacred Contracts*

Nice Anatomy Your Health Essential Insights

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Nice Anatomy Your Health Essential Insights:

The Breathable Body Robert Litman, 2023-05-02 Renowned breathing expert offers a guide to conscious breathing with skills for reducing stress alleviating tension returning breath to its natural state of harmony and opening your heart Breath moves in wavelike motions When breath flows freely within the body we live in a natural state of harmony making choices that enhance well being and generate energy Each individual breath travels through us in a unique way depending on its flow texture speed and patterning Like a leaf falling from a tree that spirals to the ground waves of breath travel through the airways of the body in a spiraling motion This is the way air moves the way breath moves and the way oceans rivers and lakes move too When we tighten our passageways and compromise our breathing our health suffers Most of us are born with the ability to breathe freely and naturally but as the years go by our breathing becomes labored compromised by fear disappointment trauma and pollutants So we contract our breathing body and create ways that feel protective of our vulnerable selves but actually constrict the oxygen intake and thus the nourishment our body receives In *The Breathable Body Transforming Your World and Your Life One Breath at a Time* Robert Litman shares the insights and practices he has discovered during more than 30 years of professional experience in conscious breathing and movement Born with breathing difficulties and suffering from asthma as a child Robert found ways to overcome his own childhood PTSD and now shares trauma sensitive teachings to help people breathe and live better You can change your life including alleviating symptoms of asthma snoring sleep apnea insomnia anxiety panic attacks digestive difficulties and fatigue by changing how you breathe The techniques in this book will teach you how to support and protect your body and its respiratory system Through conscious breathing movement sound and a clear understanding of anatomy and respiration we learn habits that support healthy and natural breathing

TIME Animals and Your Health The Editors of TIME, 2016-04-29 Our history with pets goes a long way back While it may not always be the happiest of tales one thing is clear we need one another In a story that has gone from adversarial to one of function we now have come to view animals as healers They do more than feed us and serve us they help us grow socially emotionally and spiritually In this new Special Edition from TIME we explore the many ways in which animals enrich our lives *Animals and Your Health* covers many topics including emotional support animals which are popping up everywhere and increasingly come in all shapes sizes and species to the science of animal healing how do animals boost our health and happiness and how do you measure the results How do animals help connect us to other people and help extend and enhance the lives of the elderly They have been proven to help ease PTSD in the lives of suffering soldiers and veterans what special qualities do they have that facilitate this Readers will also delve into what every dog and cat owner wonders on an almost daily basis about their pet What are you thinking Covering animal friendships animals in pop culture and so much more *Animals and Your Health* will bring understanding to our longstanding relationship with the creatures that we share the planet with

The British Veterinary Journal ,1880 **The Veterinary journal. Ed. by G. Fleming** George

Fleming,1880 **The way of trauma. Trusting the course of change** Tatiana Neves,Barbora Janeckova,Yvonna Lucká,2024-02-01 Trauma has been part of human history since the beginning of time Many approaches have been used to understand and work with traumatized clients but it is only recently that the importance of the body in this work has begun to be acknowledged The Biosynthetic Psychotherapy is a somatic approach that sees trauma from an embryological perspective and uses this basis to work on all dimensions of the individual whether physical psychological emotional or spiritual in order to recover the contact with the Essence In this book we try to integrate the most recent finds and standpoints on trauma through a bodily outlook We enriched it with case studies and practical exercises The focus of the Biosynthetic Psychotherapy is not on the devastating aspects of trauma but rather on restoring the harmony and integrity of the Self for a safe journey towards healing The body knows the way it just needs to be reminded of it **Boston Medical and Surgical Journal** ,1883 **Veterinary Journal** ,1880 *The Medical Times and Gazette* ,1881 **Im Ess Abnormal Psych** Durand,2002-12 *British Medical Journal* ,1889 **The Boston Medical and Surgical Journal** ,1883 **The Christian Science Journal** ,1883 *The Video Source Book* David J. WEINER,1990 **The Lancet** ,1876 *Dental Practice* ,1985 *The Medical circular [afterw.]* *The London medical press & circular [afterw.]* *The Medical press & circular* ,1873 **The American Lancet** Leartus Connor,1888 **The Medical Advance** ,1887 **The Americanization of Chinese Medicine** William Michael Bowen,1993 **Subject Guide to Books in Print** ,1971

Nice Anatomy Your Health Essential Insights Book Review: Unveiling the Power of Words

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