



Reduce Blood Pressure Naturally: A Complete Approach for Mind, Body, and Spirit

Michael Arluck Scheinbaum M.S., David Getoff

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Michael has done such a thorough job of compiling and relating vast quantities of extremely relevant health information, that anyone reading this book and making just a few of the changes mentioned, will improve their health. Persons with cardiovascular disease, diabetes, cancer, attention deficit disorder, depression, osteoporosis and a great many other conditions can all gain a wealth of information for improving their health while increasing their quality of life and probably even extending it by many years. David J. Getoff, co author, educator, Naturopath and Board Certified Clinical Nutritionist. The information contained in this book will enable you to take responsibility for promoting cardiovascular health including how to eliminate risk factors. The concepts and practical tools are from many systems of natural health care that you can utilize at home. Most of all you will learn how these systems only enliven the divine healing intelligence that makes up every cell of your body. You Can Be Healed Because You Are Already Whole Eric Butterworth

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Amanda Grant:

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