



Healing Alternatives for Beginners (For Beginners (Llewellyn's))

Kay Henrion

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This book, written by a registered nurse, gives people a starting place for their journey into taking responsibility for their own health. It answers questions in layman's language regarding meditation and visualization, diets and vitamins, herbs, homeopathy, therapeutic touch, the aging process, AIDS, even natural healing for pets. It is full of anecdotes and examples from the author's own life and the lives of her patients.

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