

Read Book The Arise Shine Cleanse Program Guide

The Arise Shine Cleanse Program Guide

*Chronic fatigue, fibromyalgia, and Lyme disease can be permanently reversed using nontoxic alternative treatments. In this authoritative guide, more than 30 leading physicians explain their holistic diagnostic and treatment methods. Each chapter has been updated to reflect the latest research and therapeutic approaches to treating-and ultimately reversing-these debilitating conditions. Written by the authors of the acclaimed **ALTERNATIVE MEDICINE: THE DEFINITIVE GUIDE** (more than 600,000 copies sold), this book shows how to regain vitality, say goodbye to muscle pain, peak your immune system,*

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and shake off depression with clinically proven therapies. The first edition sold more than 100,000 copies and is recognized as the leading alternative medicine guide to chronic fatigue.

Contains new chapters on Lyme disease and holistic treatment options.

Three million Americans suffer from chronic fatigue and an estimated three to six million suffer from fibromyalgia, 86 percent of whom are women.

A Biographical Sketch about the Author Loyce Agnew McCullough was born in West Memphis, AR December 24, 1942. Her parents were Odell and Fredericka Agnew. She grew up in Jonesboro, AR and attended Booker T. Washington High School there. She graduated #4 in her class. Loyce gave her life to Christ at age 11 as her

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mother taught her that she must be born again. She began to seriously study Gods Word at age 16 and discovered that the LORD would be her teacher in every subject in school. As a result of making that discover she began making the honor roll. Loyce went to Philander Smith College, in Little Rock, AR where she met Dorsey McCullough, a minister in training. Loyce later went to Shorter College, North Little Rock, AR, Wilberforce University, Wilberforce, OH, and returned to Philander Smith College after getting married to Rev. Dorsey McCullough. They both graduated together after their first three children were born: Victor, Micah and Louisa (twins). Later, she graduated from the University of Washington with a

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Masters degree in education. In the state of Washington, she had three more children: Frederick, Dorceia, and Milton. She worked with her husband, as he served a pastor of seven churches within African Methodism. She served as Young Peoples Director of the Kansas-Nebraska Conference Branch W.M.S, where over 70 people gave their lives to Jesus. She also became Conference Branch President for the Kansas-Nebraska Conference and the Puget Sound Conference. She served later as the Fifth Episcopal District chairperson over the Scholarship Committee. Many young people received scholarships for the enhancement of their education Loyce has also taught in the following school districts in the following cities: Seattle,

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WA, Bremerton, WA, Wichita, KS, and in Portland, OR. She has also tutored many children in the various churches where her husband, Rev. Dorsey McCullough was appointed pastor, especially at Brookins AME Church, Oakland, CA and Ebenezer AME Church in Stockton, CA. Sis. Loyce worked with the Rev. Dr. Dorsey McCullough, the founder, pastor and teacher of New Directions Christian Fellowship (Interdenominational) Church, in Stockton, CA. She has many roles as first lady: Christian Educator, Sunday School Teacher, Missionary Supervisor, writer of brochures, tracts, etc. In September 2007, Sis. Loyce was given a dream by her heavenly father. She dreamed that she was preaching all over this particular church. She was

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so stunned that she did not even share this with her husband. That Friday night, they went to celebrate Pastor and Mrs. Parkers Anniversary at Wells of Living Water Community Church. The church was filled with divine love. Near the close of the service the Mistress of Ceremony asked her to sing a solo. (This lady didnt even know whether or not Sis. Loyce could sing.) The Spirit of God led her to sing He Looked Beyond My Faults and Saw My Need. The church got on fire and would not stop singing this song. She began ministering to the people, but doesnt remember what she said. To her, this whole experience was Gods calling her to preach and to spread the Gospel of Jesus Christ. She had never experienced such anointing before.

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This was indeed a wonderful, spiritual event in her life. In November, 2008, Loyce was ordained as a preacher of the Gospel of Jesus Christ. After her husband went home to be with the Lord, (June 17, 2010) she became the pastor of their newly founded church. Pastor Loyce Agnew McCullough is the mother of six children; Victor Wimbley McCullough, Minister/Minister of Music; Micah Prezel McCullough, Minister and serviceman in the Air Force, who is married to LaVonda McCullough, Louisa Michelle McCullough, a business woman, Frederick Joseph McCullough, a pastor and evangelist in the A.M.E. Church, who is married to Courtnee Mills-McCullough, Dorceia Juanita Watkins, pastors wife,

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*homemaker, home school teacher
Cherie Calbom, "The Juice Lady,"
therapist John Calbom, and Michael
Mahaffey, a twenty-year cancer
survivor, present a unique, multi-
disciplinary approach to fighting
cancer.*

*Outlines an accessible program for
losing weight, detoxifying, and
improving energy levels by adding
leafy greens to fruit smoothies, sharing
step-by-step instructions for a selection
of recipes while placing an emphasis
on the program's nutrition and health-
bolstering potential. Original.*

*A story of God's plan for you
Vegetarian Times*

*5 Principles for a Rewarding Life
An Alternative Medicine Definitive
Guide*

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*Chronic Fatigue, Fibromyalgia, and
Lyme Disease, Second Edition*

Cumulative List of Organizations

*Described in Section 170 (c) of the
Internal Revenue Code of 1954*

The Healthy Living Space

With an exciting 21-day weight loss program, simple meal plans, and more than 70 delicious, satisfying recipes, The Coconut Diet can help you drop those extra pounds.

Thousands of people are discovering what islanders have known for centuries: coconut oil has amazing health and weight loss benefits. Rich in healthy fats that boost your metabolism, curb cravings, and keep hunger at bay, coconut oil makes most weight loss programs-even low-carbohydrate

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diets-more efficient. Now you can lose weight and boost your health by adding this secret ingredient to the foods you already love. Add a small amount of coconut oil to your diet and watch the pounds melt away. You'll feel better, look better, and be able to maintain your new weight with ease. No other diet delivers as much as... The Coconut Diet.

"Let your light shine before all men, that they might see your good works and glorify your Father in heaven" (Matthew 5:16). Kris Den Besten blends his successful business practices with his strong Christian faith through SHINE, a proven corporate culture model he designed and implemented. SHINE

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is based on five principles that produce a rewarding career and personal life: S - Serve Others H - Honor God I - Improve Continually N - Navigate by Values E - Earn Recommendations The author shares how his business was radically salvaged by SHINE principles that developed people's talents, increased productivity, and quantified the core values of integrity and honesty. Whether you are a CEO, middle management, or an entry-level employee, SHINE principles will change the way you think about yourself, your career- and the Light in your life. More than 25,000 new toxins enter our environment each year. Detoxification is becoming a

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necessary commitment for health in the modern world. However, too many fad diets and detox products on the market today are overly harsh and create further health imbalances by depleting the body of essential nutrients. Clearly, Americans need safe detox options that restore the body to good health without these risks and side effects. In *Healthy Healing's Detoxification*, world renowned naturopath and best selling author Dr. Linda Page shares her hard won experience on detoxification and shows you how to cleanse safely and naturally for the best results. With over thirty years of experience in the health field, Dr. Page details critical information on how to cleanse the

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healthy way and the types of cleanses to avoid. She shows you what you can expect when you cleanse, what a good cleanse really does, and how to direct a cleanse to the body systems that need the most support. Includes step-by-step detox programs for health concerns like arthritis, allergies/asthma, candida, GERD, infertility, weight loss and much more! Get on the path to renewed health and vitality: Start your Healthy Healing detox today!

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream

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package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Shortcuts to Mindfulness: 100
Ways to Personal and Spiritual
Growth

The Purification Plan
Everything You Need to Know How
Proven Natural and Therapies Can
Help You

Balancing Your Health, Your
Weight, and Your Life One
Luscious Bite at a Time

All You Need to Know to Recharge,
Renew and Rejuvenate Your Body,

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Mind and Spirit

Women

Lightning: An Examination of
Energy Fields

Biochemical and

Environmental Aspects of the
Optimal Breathing

Development System

The Purification Plan offer
an exclusive 7-day program

that is your passport to a
less toxic lifestyle. The

fact is, toxins are

everywhere around you--in

the air you breathe, the

foods you eat, the personal-
care products you use, even

the mattress you sleep on.

Though you may not be able

to avoid all toxins, you can
protect yourself from their

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harmful effects.

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

This book is an examination of the Fields Of Energy that gives all of the Universe Life.....Understanding

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these fields, and knowing how they are affected by everyday existence will allow the reader to create extraordinary results in all areas of Life. . . .

Diet for a New Life

8 Steps to Weight Loss and Wellbeing

Publication

Food Is Your Pharmacy

4 Simple Steps to Softer, Younger-Looking Skin

God's Plan of the Ages

Volume 5: Messiah through the End of Time

Arise Shine

Nagel reveals the actual cause of the following diseases: Birth Defects, Sudden Infant Death, Autism, Infertility, Colic, Tooth Decay,

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Miscarriage, Infant Mortality, Morning sickness, Premature Birth, Scoliosis, Postpartum Depression, and Mental Disabilities. The true cause is our toxic foods, our toxic medicines, our toxic environment, and our toxic world. In knowing this and learning to make wise choices, you become empowered to prevent these conditions.

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefits so well documented by renowned health professionals who also advocate low-fat eating, Dr. Graham's plan is the

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first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

All the treasures and truths men have searched for across the ages would be found in Him, if they would but look. The search ends and the greatest treasure found, once He becomes the object of our seeking. Are you walking through life

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unfulfilled, or are you seeking God's plan and purposes for your life? Have you struggled with your faith and with living it out daily? How do you view God? So many people have read about God, or have even sat on church pews for years hearing about Him, but have yet to experience Him. He is a supernatural God and loving Father, yet so few of us experience Him relationally, experientially. It is His strong desire that we do so. Arise Shine is a journey which takes you to the heart of this amazing God and guides you into the power of His presence, finding the inexplicable peace, unspeakable joy, and overwhelming love He longs to give us.

Science shows that nearly every

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corner of our planet is toxic, and that all people carry residues of dozens of chemicals in their cells. Our body, our home, and our world are steadily sickening us every day of our lives. But we don't have to live in a poisoned world, and we don't have to be sick. We can have a healthy living space again by detoxifying our body and home, ridding both of their burden. The key is to cleanse both at the same time. The Healthy Living Space is the first book that shows you how, and why, to detoxify your home and body together. In The Healthy Living Space health writer and alternative medicine journalist Richard Leviton gives 70 practical steps on how to use safe, proven, nontoxic, self-care methods drawn

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from the fields of natural and alternative medicine. The detoxifying steps are backed by science and easy to use/ they don't require expensive equipment or a doctor's supervision. They're effective and produce results and you can start them today.

Whether the poisons are in your liver and intestines or in your carpets and drinking water, whether the problem is the shape of your bedroom or radon seeping into your basement, The Healthy Living Space will show you how to get the poisons out of your life and the health back into it.

A Guide To Self-Healing For
Everyone

The Wrinkle Cleanse

Programs to Cleanse, Purify &

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Renew

The 80/10/10 Diet

Dr. Linda Page's Natural Solutions
to America's 10 Biggest Health
Problems

7 Smart Ways to Help You Get a
Good Night's Rest

Because Your New Baby Matters!
Sacred Wisdom for Preconception,
Pregnancy, Birth and Parenting (0-6)

Mariana Bozesan's ebook is
published at

<http://www.sageera.com>, as part of
the Diet for a New Life weight loss
program. Prices start at \$29.95 for
the ebook and a one month free trial
of the program. The e-book is
endorsed by Dr. Deepak Chopra, Dr.
Camran Nezhat, Dr. Riane Eisler, Dr.
Fred Gallo, and many more.

Dr. Linda Page's Natural Solutions

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to America's 10 Biggest Health Problems Food is powerful medicine. Sometimes it's your best medicine... even for difficult disease. Linda Page, America's foremost nutrition and herb expert, has worked with this healing principle for over two decades and has written this book as your primary guide to using food as your best medicine. In Diets for Healthy Healing, each chapter reviews a health problem and provides an easy-to-follow nutrition plan. Healing recipes, nutritional supplements, whole herbs, bodywork and exercise recommendations are included as part of the healing program. Addresses the causes of insomnia, restless legs disorder, and sleep apnea, exploring how changes in

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diet, exercise, natural supplements, and mind/body therapies can provide lasting relief.

A healthy body requires a raw strategy. The Complete Idiot's Guide® to Raw Food Detox details the best foods for detoxifying and cleansing the body for people suffering from everything from irritable bowel syndrome to unsuccessful weight loss efforts - or anyone who just wants to feel healthier. Beginning with what detoxifying and cleansing are and what they do, this book details what to eat, how to prepare it, and in what combinations and amounts. The author also provides several 15-day detoxifying and cleansing regimens for both the beginning and experienced raw food enthusiast: ? Interest in raw foods

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has been growing rapidly for years. ? Many high-profile stars, such as Beyoncé Knowles, have been widely reported using raw-food cleanses. ? Dr. Oz has added a "Raw Food Challenge" to his website in which he encourages people to include much more raw food into their diets.

Healthy Healing's Detoxification
Eat Better, Feel Better, Look Better
Alternative Medicine Magazine's
Definitive Guide to Sleep Disorders
Maximizing Health, Energy, and
Culinary Delight With the Raw
Foods Diet: Easyread Comfort
Edition

Cumulative List of Organizations
Described in Section 170 (c) of the
Internal Revenue Code of 1986
The Juice Lady's Turbo Diet
The Secret Ingredient That Helps

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You Lose Weight While You Eat
Your Favorite Foods

***The Ultimate Resource For
Improving Your Health
Naturally! Over 1 million
copies sold! In its first
edition nearly 20 years ago,
Dr. Linda Page's book,
Healthy Healing, was the
only one of its kind. Now
updated and expanded,
Healthy Healing is still the
easiest to use bestselling
natural health reference
book on the
market. Customize your own
personal healing program
using natural therapies for
more than 300 ailments***

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Cleanse Program Guide

through diet, whole herb supplements and exercise. Live Longer, feel better and look better, naturally!

Integrating modern medicine and ancient spiritual wisdom, MENOPAUSE WITH SCIENCE AND SOUL is an intelligent and thoughtful companion to navigating the menopausal journey.

Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and

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exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and

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soul-centered support you need. Features contributions from: Clarissa Pinkola Est?©s Carol Lee Flinders Brooke Medicine Eagle Marlise Wabun Wind Vicki Noble Carol Bridges

Many have tried to tell Bible stories as historical fiction. But I have attempted to tell the entire story of the universe, starting with the Bible and integrating history and chronology, legend, and ancient Talmudic tradition, along with a good deal of speculation. My story begins before time, and continues

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past the ages of time into eternity. It is an adult work, for some of mankind's descent into depravity cannot be sanitized. But it is also a fun work, as I bounce around from our perspective up to the heavenly realms and even down into hell itself. My purpose was not just to tell the story, but also to teach wisdom and to clarify the nature and character of God. I trust each reader will grow in relationship to the God of infinite love, as I have grown in the writing. Volume Five begins with the coming of

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Messiah to Earth - the Gospel story. It continues through the first few chapters of the book of Acts, and then skips to the book of Revelation - the Great Tribulation, Rapture, and Millennium. I conclude with a wildly speculative story of the ages beyond the Millennial Age, all the way into eternity when all things are reconciled with the eternal Father.

In this book, you'll discover not only the principles behind juicing, but the recipes to help you serve up freshly made juices and

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***delicious raw foods as part
of a lifestyle to lose weight
and keep it off for good.***

Sleep Disorders

Shine

Building Healthy Lungs

Naturally

***A Guide to Self-healing for
Everyone***

***Linda Page's Healthy
Healing***

Healing Our Children

***Clear Your Body of the
Toxins That Contribute to
Weight Gain, Fatigue, and
Chronic Illness***

*In this complete
encyclopaedia -- a guide
of detailed instructions*

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for detoxification and cleansing, Dr Page discusses why body cleansing is necessary in today's world. She shows you: what you can expect when you detox; what a good cleanse really does; how to direct a cleanse for best results. Also includes: Detailed detox charts for special needs; Step-by-step instructions that guide the reader through every detox programme; Extensive 'Green Cuisine' recipe section; Materia Medica Detox herbal supplement directory with over 90

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herbs; Glossary of detox terms; List of detox-spa centres in America; Recommended product listing.

You will discover the healing secrets of different kinds of foods, for example: fruits, vegetables and chlorophyll -- how they cleanse your body and heal health problems; green superfoods and medicinal mushrooms -- how they work for faster healing; herbs and sea greens -- how they help the body remain in balance; spices and herbs -- how they boost

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thermogenesis to burn calories for hours. Also includes complete nutrient value reference sections for food, herbs and nutrients, and a complete section dedicated to the importance of organic foods. There are over 80 complete healing diets and programs -- from allergies, to childhood disease control, to recovery after radiation and surgery -- each detailed programme shows how to develop the healing diet and then refers to the easy-to-use recipes in 'Cooking For Healthy

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*Healing: Book Two -- The
Healing Recipes'.*

*Tackling head-on the
skepticism likely to greet
proponents of what the
world sees as a ''fad''
diet, renowned nutritional
consultant and raw foods
adherent Brigitte Mars
presents historical data
and scientific evidence
confirming the efficacy of
raw foods diets in:*

- o Supporting emotional
stability*
- o Increasing
energy levels*
- o Clearing
the skin*
- o Boosting immune-
system function*
- o Improving digestive
function*
- o Dispelling*

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depression o Sustaining overall good health. Wake up to calmness and clarity with simple mindfulness meditations and stories. Can't find time to meditate? You can easily calm and center yourself with this collection of short essays by Catherine Auman, Licensed Marriage and Family Therapist (LMFT). By reading this book, you will experience mindful awakenings about:

- spirituality □ your relationships □ love*
- tantric sex □ how to become a better person*

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Easy and enjoyable to read, Shortcuts to Mindfulness offers simple but powerful stories and essays that will positively impact every area of your mental and physical health; from productivity and focus, to relief from stress and anxiety, better sleep, mind-blowing sex, personal relationships ... the benefits are limitless. The result? More headspace, less stress. Catherine brings this ancient practice into the modern world, tailor-made for the time-starved among

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us.

*An Extraordinary Journey
with Jesus*

*A Forty-Day Guide to
Experiencing the Lenten
Season (Or Any Season)*

The Green Smoothies Diet

The Coconut Diet

Cooking for Healthy

Healing: Healing Diets

Yoga Journal

*Menopause with Science and
Soul*

A guide which offers advice on healthy living including diet, nutrition, hygiene, health care, and fitness.

Wrinkles, lines, sagging skin-these are the all-too-common outward signs of aging. But now with a diet rich in raw foods, vegetable juices,

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whole grains, and lean proteins, renowned "Juice Lady" Cherie Calbom reveals how you can cleanse your body of toxins and protect yourself from the inflammation and free-radical damage that cause these symptoms of aging. Now available in paperback, *The Wrinkle Cleanse* provides an easy-to-follow, four-step plan: - a 14-day diet that rejuvenates the cells in your body, stopping and even reversing the aging process - quick-start juicing programs that cleanse your body of built-up toxins and restore elasticity to your skin in a matter of days - an energizing supplement plan to help renew skin and increase vitality - cleansing programs to deep-cleanse your body and keep you on track for

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total rejuvenation In just two weeks you will begin to see results-fewer wrinkles, and firmer, more toned skin. And with the help of menu plans that include seventy-five delicious recipes, you'll not only look better but you'll get the proper nutrition you need to feel better, too.

If you suffer from insomnia, sleep apnea, restless leg syndrome, or other sleep disorders, you don't have to endure another long, sleepless night. This second edition of ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO SLEEP DISORDERS holds the keys to lasting relief from such sleep-disturbing factors as toxic overload and body clock disruptions. Outlining seven

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reasons why people have trouble falling and staying asleep, sleep specialist Dr. Herbert Ross recommends several natural techniques-detoxification, dietary change, mind-body therapies, exercise, and more-to promote better sleep while enhancing your overall health. Unlike sleeping pills, which decrease sleep quality and become less effective over time, these holistic treatments will benefit your whole body over the long term to help you lose weight, increase immune system function, boost energy, improve mood, and enhance concentration. Good health and vitality are just a good night's sleep away.

70 Practical Ways to Detoxify the
Body and Home

A Proven Program to Detoxify and

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Renew Body, Mind, and Spirit
The Natural Program for
Extraordinary Health
Detoxification
The Complete Cancer Cleanse
The Complete Idiot's Guide to Raw
Food Detox
Lose Ten Pounds in Ten Days—the
Healthy Way!