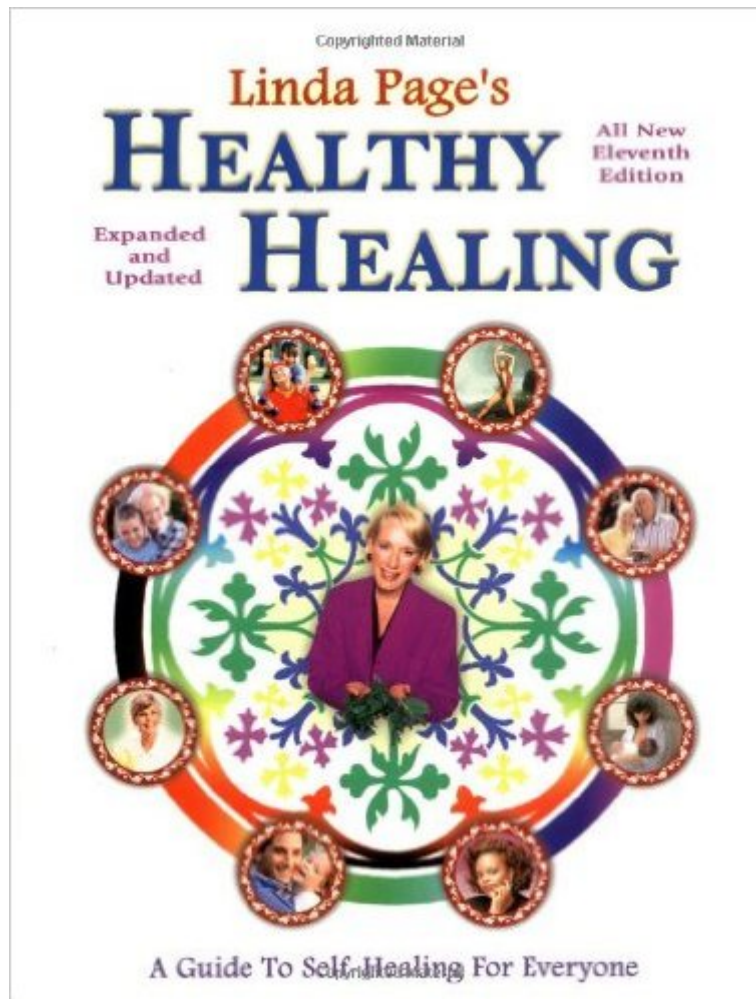


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# Healthy Healing: A Guide To Self Healing For Everyone (Eleventh Edition)



## Synopsis

When "Healthy Healing" was first written, it was the only book of its kind. Now, bigger and better than ever, "Healthy Healing" is used by people around the world including practitioners, educators and health store staff. Why? Because it is complete and easy to use! First, look up the illness in the handy table of contents. This alphabetical listing of over 150 health complaints directs readers to the encyclopedic reference section. For each ailment, there are alternative health care therapies: diet and superfood, herbal and supplement, and lifestyle support. This book also contains a wealth of information - complete lifestyle programs for people with special needs, programs for children, a new expanded guide to detoxification and more! \*100 new pages \*Easier to use \*New - Personal Ailment Analysis Section - "Help Yourself" Customize your own healing program. What's your problem? Choose the best therapy. \*Natural Healing Product Section \*Updated - How to use - Safety Cautions \*Expanded Food Is Medicine Section \*The Latest about natural healing for children \*Natural Healing For Pets Section

## Book Information

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## Customer Reviews

After first encountering this book in my local Whole Foods a couple of years ago, I got my own copy for reference. I can honestly say, it is the most helpful health book I own (and I own a lot). Linda's wise advice has seen me through asthma attacks, ear infections and a nasty bout of depression. She's even helped my husband with his notorious tummy aches. The ailments are listed alphabetically, so they're easy to find even when you're not thinking straight (like when you have the

flu). Her treatment suggestions are incredibly thorough and include, herbs, vitamins and lifestyle suggestions. Though it centers on treating specific ailments, "Healthy Healing" isn't just for when you're under the weather. It's filled with great information (including supplement and dietary protocol) to make sure you stay in top form.

I have many books on nutrition by the popular alternative experts of today. But, it can get confusing about application. When I discovered Linda Page's "Healthy Healing" I was so delighted I just had to have it in my collection. No confusion here. She gives a basic layout on nutrition, as well as a wonderful section on ailments. Here the layout and recommendations are so easy to read. You can look up practically any ailment and she describes common symptoms and causes, as well as recommends therapies in 3 easy to read columns. Her section on Personal Ailment Analysis is unique with practical how-to tips. I can't say enough good about this book. The advice is obviously well seasoned and solid. Practically everyone I have shown this to has immediately purchased one of their own. Definitely a must have resource for any home.

I just read a review that called Healthy Healthy baloney - and am wondering what the motive for doing so is. This book does not insist that all suggestions are proven to cure a person - it only gives advice. The whole philosophy of holistic health is that we are not treating the symptoms, but the person. If this reviewer had actually read and understood the book they would have had a real idea of what this book was about. I use this book for reference frequently and trust the advice. Because I've actually read the book I know that not all advice will work for every person and it is not the intention of the author to insist that all suggestions will work for everyone. The responsibility lies with the reader to care for themselves.

I concur with all the positive reviews I've read. This book is a life reference manual for anyone who wants to live healthfully. You will not be able to keep your nose out of it and will adjust your life accordingly. It is very insightful and informative. I have the 10th edition plan on passing it along. I will get the 11th and wear it out, too. I recently lent my copy to a dear friend and couldn't get it back. Every day our conversations surrounded something to do with this book. It was wonderful. You'll love it too.

This book is a good reference for "what to do for ..." situations, such as "I have a migraine; what do I do?" The author is very diligent about providing solutions from different schools of thought, including

naturopathy, homeopathy, reflexology, aromatherapy, etc. Also included are ways to alter one's diet to promote healing. My only criticism of the book is the relatively small amount of information regarding disease prevention.

I am ordering Linda's 11th ed. because I have owned her previous book for about 8 or 10 years and worn it out! I have recommended this book over and over for the wealth of info, the in-depth description of the benefits of fresh foods, vitamins, etc., not to mention the page by page of ailments/recommendations. Poor fella that rated this book 1 star...you must be a medical doc or else you just haven't seen the "proof" that the Journal of American Medical Association didn't go out of its way to provide on itself (JAMA Vol. 284 No. 4 July 28, 2000). Accidental deaths, 250,000; unnecessary surgeries, 12,000; medication errors in hosp, 7,000; other in hosp errors, 20,000; nosocomial infections in hosp, 80,000; adverse effects of meds, 106,000. These numbers they indicated were probably LOW!! Now, that makes me thankful I have taken responsibility for my health and not handed it over to the medical community as we know it today! I haven't taken an antibiotic in about 15 years, and I get more strength each year as I learn more about wellness and maintaining a healthy immune response system. Looking forward to your 12th edition, Linda! I'll be waiting and watching, and I thank you for introducing me to a much more healthful lifestyle!

Linda Page's. Healthy Healing book is very informative and nice to have around as a source book. This was a course study book. When I attended school several years back. Then I moved and it disappeared. It did not show up in any of the boxes.

use it all of the time dont like her newest edition her new editor sarah abernathy makes too many mistakes and leaves important info out get this edition if you can it is more complete i miss linda before sarah abernathy she needs to find someone else to help her out

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