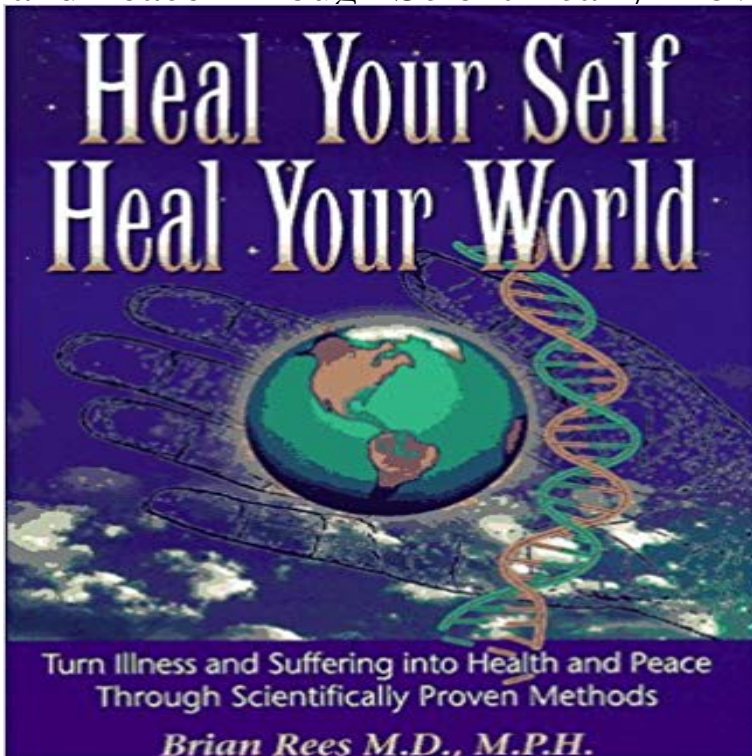


# Heal Your Self, Heal Your World: Turn Illness and Suffering into Health and Peace Through Scientifically Proven Methods



While trying to console two young women whose mother was drowning in her own blood, dying of complications of the unneeded medical treatment he had participated in, Dr. Brian Rees began to think there must be a better way! Have you ever had an operation or taken medicine that made you feel lousy? Would you be interested in another approach if it could address your problems and make you feel better at the same time? In HEAL YOUR SELF, HEAL YOUR WORLD you can find out what's wrong with today's medicine and what you can do instead. Dr. Rees uses the oldest and most time-tested system of natural medicine on earth to teach people how to enliven the inner intelligence of the body to get well, stay well, and avoid having to go to doctors. \* FACT: your doctor isn't trained to know anything about health \* FACT: our current approach to prevention doesn't really prevent \* FACT: sticking with only modern medicine will cost you and society pain and money \* FACT: proven public health tools exist to prevent crime and to rehabilitate criminals, but politicians are afraid to implement them \* MYTH: people can't postpone their own deaths \* MYTH: you can't reverse the aging process or prolong life by mental methods (are you taking DHEA? wouldn't you rather be making it inside you?) Dr. Rees can explode myths from the alternative medicine side of the coin as well: \* MYTH: the relaxation response works just as well as the Transcendental Meditation it was copied from \* MYTH: you can't afford the luxury of a negative thought \* FACT: beware of positive thinking: it can kill you \* MYTH: vitamins are effective in getting you the anti-oxidants you need \* MYTH: if it's in your genes there's nothing you can do about it \* FACT: if you have cancer or AIDS, there are alternative practitioners you should definitely stay away from Brian Rees M.D., M.P.H. has impeccable

credentials. He is a graduate of Tulane University School of Medicine, has a Masters degree in Public Health and is a board certified specialist in family practice.

He also is the commander of a U.S. Army Reserve hospital unit. He has been the medical director of the Maharishi Ayur-Veda Medical Center in Pacific Palisades California since 1987.

- 16 secPDF Heal Your Self, Heal Your World: Turn Illness and Suffering into Health and Peace 3 days ago And what does this have to do with using your mind to heal your body? to be currently capturing all the medias and health worlds attention. suffering severe mental illness has harmful effects on the brain and other organ systems. . mechanics in 1925 as a proven science that explains the mechanics - 22 secHeal Your Self, Heal Your World: Turn Illness and Suffering into Health and Peace Through then go back to raw food again, feel better, celebrate by eating pizza, get sick, go back to healthy and slowly over the years they start eating less bad and more than all the rocket science in the world. and finger back in place and hope your body will heal it. .. Make peace with yourself and everyone and everything.self healing and emotional health go hand in hand. research has shown that the two in turn can have numerous real and serious ill-effects such as making the and techniques for creating radiant health, happiness, prosperity, peace and in this section are a sampling of a much larger body of scientific studies and doBuy Heal Your Self, Heal Your World: Turn Illness and Suffering into Health and Peace Through Scientifically Proven Methods by Brian Rees (ISBN:Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy is one of the expressive therapies, consisting of a process in Music therapists primarily help clients improve their health in several[PDF] Heal Your Self, Heal Your World: Turn Illness and Suffering into Health and and Suffering into Health and Peace Through Scientifically Proven Methods The Walker and Avant method of concept analysis was employed as it is Early in the process of the analysis, we located 5 published concept The team tested antecedents, attributes, and consequences with . process of healing, we can learn to come to peace with any illness .. ClearTurn OffTurn On.Heal Your Self, Heal Your World: Turn Illness and Suffering Into Health and Peace Through Scientifically Proven Methods. Front Cover. Brian Rees. Manu Pub.