

HEALTH Is Your *Birthright*

HOW TO CREATE
THE HEALTH YOU DESERVE



*Nutrition, Cleanses,
Remedies, Teas, Supplements,
Poultices, and Salves*



Ellen Tart-Jensen

Health Is Your Birthright How To Create The Health You Deserve

Athena Perrakis



Health Is Your Birthright How To Create The Health You Deserve:

Health Is Your Birthright Ellen Tart-Jensen, 2006-10-01 Suffering scoliosis and chronic pain fatigue and depression due to a back injury Ellen Tart Jensen became determined to take charge of her life She began researching natural health care and discovered that by listening to one's body and following nature's simple laws health is attainable for everyone herself included Now a nutritional consultant and certified iridologist she's at her absolute healthiest and travels the world coaching others in self care Filled with a wealth of tips on nutrition therapeutic teas exercise cleanses and more HEALTH IS YOUR BIRTHRIGHT is a roadmap for those looking to take charge of their ailments or at least lead a more balanced vibrant lifestyle

Reverse Inflammation Naturally Michelle Honda, 2017-05-30 Reverse Inflammation Naturally provides a comprehensive overview of both acute and chronic inflammation and offers practical guidance and alternative solutions to popular drugs as well as beneficial supplements and home remedies Chronic inflammation is among the most prevalent ailments seen in modern society and all too often our diet and reliance on common over the counter medications is to blame Not only does traditional medicine offer little in the way of safe low risk solutions it is one of the leading causes of painful unnecessary inflammation in patients of all ages As a result more patients are turning to the world of natural medicine With Reverse Inflammation Naturally you can learn how to work with your body to achieve effective healing see lasting results and reclaim your life Complete with healing remedies dietary regimens and protocols for every stage of healing and maintenance Reverse Inflammation Naturally contains step by step do it yourself instructions and includes the most effective dietary programs and herbal supplements proven to help control and reverse the body's inflammation response all while promoting overall health and wellness Reverse Inflammation Naturally covers a multitude of topics including A comprehensive overview of inflammation its causes and its related ailments Natural substitutes for popular over the counter and prescription medications How best to prepare herbal remedies and supplements for a variety of uses The latest information on clinical trials medications and alternative therapies How to select the right supplements vitamins and nutrients for your needs and many more Featuring alternative solutions to potentially harmful prescription drugs as well as safe food choices and a guide to herbal medicine Reverse Inflammation Naturally helps you regain your sense of health and well being **Healthy**

Healings Detoxification Linda Page, 2008-09 More than 25 000 new toxins enter our environment each year Detoxification is becoming a 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 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

Reverse Heart Disease Naturally Michelle Honda,2019-03-26 The long awaited resource for those seeking to reverse heart disease naturally Reverse Heart Disease Naturally contains step by step do it yourself instructions to help you treat and reverse heart disease including cures for high cholesterol blood clots aneurysms myocardial infarcts strokes hypertension and arteriosclerosis Complete with healing remedies dietary regimens and protocols for every stage of healing and maintenance Reverse Heart Disease Naturally also includes the most effective dietary programs proven to help strengthen the heart and reverse cardiovascular disease Heart disease is the leading cause of death for both men and women With traditional medicine offering little in the way of safe low risk solutions more patients are turning to the world of natural medicine With Reverse Heart Disease Naturally learn to work with your body to achieve lasting and effective results that will let you reclaim your life Featuring alternative solutions to potentially harmful prescription drugs as well as safe food choices and a guide to herbal medicine Reverse Heart Disease Naturally helps you regain your sense of health and wellbeing Reverse Heart Disease Naturally covers a multitude of topics including A comprehensive overview of heart disease and its related ailments such as high cholesterol blood clots aneurysms myocardial infarcts strokes hypertension and arteriosclerosis A complete dietary program for heart health Natural substitutes for popular over the counter and prescription medications The latest information on clinical trials surgeries medications and alternative therapies How best to prepare herbal remedies and supplements for a variety of uses Touching on every aspect of heart disease and accompanying conditions including risk factors and common causes supporting your body and its cardiovascular health beneficial supplements and home remedies and much more Reverse Heart Disease Naturally is the all in one resource for those looking to find something that really works

Reverse Gut Diseases Naturally Michelle Honda,2016-11-08 The long awaited resource for those seeking to reverse gut disease through natural medicine featuring step by step instructions dietary regimens healing remedies and more More than 50 million Americans struggle with gut diseases like Crohn s disease and colitis With traditional medicine offering little in the way of lasting low risk solutions more patients are turning to the world of natural medicine With Reverse Gut Diseases Naturally learn to work with your body to achieve safe and sustainable results that will let you reclaim your life and your independence Reverse Gut Diseases Naturally contains step by step do it yourself instructions to help you reverse gut disorders and restore health Author Michelle Honda touches on every aspect of gut disease including risk factors and common causes of gut disease supporting your body and its glandular health and holistic approaches to treating gut disease Other topics include A complete dietary program for gut wellness including a Quick Start Program Natural substitutes for popular over the counter and prescription medications The

current issue of antibiotic use and overuse and its role in gut disease Detailed case histories demonstrating the effectiveness of natural methods each step of the way How best to prepare herbal remedies and supplements for a variety of uses Protocols for every stage of healing and maintenance And many more Diseases of the gut can be among the most limiting and life altering conditions possible Don't just settle for keeping your symptoms under control reverse your gut disease the natural way

Sunward Jo Anne Jeffries, 2025-09-07 What if the experts told you your child could never improve and you proved them wrong In *Sunward Our Zigzag Path to High Functioning Autism* Jo Anne Jeffries shares the raw inspiring journey of parenting her son through an era when autism was deeply misunderstood and often misdiagnosed Told with honesty and heart this personal memoir traces decades of trials and triumphs from painful early diagnoses to breakthroughs that defied professional predictions Faced with outdated treatments and institutional recommendations including lobotomy Jo Anne and her husband refused to give up They explored alternative autism treatments integrated meditation and spiritual healing into daily life and built a home environment focused on love nutrition and persistence Over time their son once completely withdrawn progressed to become a high functioning autistic adult who worked drove and lived with independence and dignity This autism memoir is more than a story It is a testament to what is possible when parents follow their instincts challenge the system and never stop believing Whether you are a caregiver educator or simply someone drawn to stories of transformation *Sunward* offers both practical insights and emotional encouragement For readers seeking understanding hope and real world perspectives on autism *Sunward* is the journey you have been looking for

Treasures of Heaven Cari L. Murphy, 2013-12-09 Cari Murphy cordially invites you on a journey of remembrance and self discovery As you read *Treasures of Heaven* you will be taken into a journey of possibilities This is a book you won't want to put down each page is filled with layers of insight and knowledge Discover the answers to your greatest challenges and release the fear worry and anxiety keeping you from the life you desire In a nutshell Cari Murphy has done it again Dr Fabrizio Mancini author of *The Power of Self Healing* You will remember your power purpose and potential more fully than ever after reading this transformational book The divinely inspired insights are profound yet practical Give yourself the gift of igniting your light Cari reminds us of our birthright to create heaven on earth Sunny Dawn Johnston author of *Invoking the Archangels A Nine Step Process to Heal Your Body Mind and Soul* *Treasures of Heaven* weaves masterfully profound wisdom and practical tools into a tapestry of hope and empowerment Cari takes you on a transformational journey that expands your consciousness lightens your heart and enhances your ability to tap into your infinite potential This is a must read Dr Friedemann Schaub MD PhD author of *The Fear and Anxiety Solution* Current evidence strongly points to a dimension of our mind that is infinite in space and time and therefore immortal and eternal This book opens the door to this domain and leads us to this awareness If you are looking for greater joy and fulfillment in your life don't deny yourself this journey Larry Dossey MD author of *ONE MIND How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters* This is a book you won't want to put

down each page filled with layers of insight and knowledge In a nutshell Cari Murphy has done it again Dr Fabrizio Mancini International Bestselling Author of The Power of Self Healing and President Emeritus of Parker University Treasures of Heaven weaves masterfully profound wisdom and practical tools into a tapestry of hope and empowerment If you are ready to uplevel your life this is a must read Dr Friedemann Schaub MD PhD author of The Fear and Anxiety Solution Cari will give you the opportunity to bring the truth wisdom and power of your eternal self into the present moment Dr Annie Kagan Author of the Bestselling Book The Afterlife of Billy Finger Cari s latest book offers empowering and essential insights to remind us of our eternal nature and our power and birthright to live heaven on earth Colette Baron Reid Bestselling Author Motivational speaker Internationally Renowned Intuitive Counselor Read this book to awaken your heart mind and spirit I loved it Dr Joe Vitale author The Attractor Factor and At Zero The Health Habit Elizabeth Rider,2021-04-13 The ultimate guide to holistic health Gabrielle Bernstein 1 New York Times best selling author of The Universe Has Your Back Every woman should get this book Christiane Northrup M D New York Times best selling author of Women s Bodies Women s Wisdom and Goddesses Never Age What if the best health of your life isn t just about what you do or don t eat The secret to having the healthy body and life you want isn t just in a rigid way of eating It s in developing your own Health Habit Coined by nutritionist and author Elizabeth Rider your Health Habit is a skill or a set of skills that allows you to make the best choices that serve you most By focusing on action not just theory you won t even have to think about being healthy You just will be without the deprivation shame and OMG do I really have to choke that down overthinking and fear that come with restrictive diets With this paperback edition of her fresh look at healthy living 28 Day Kick Start Plan 50 recipes and online community Elizabeth will get you started keep you motivated and connect you to health conscious people around the world

Transformative Nutrition Yiska Obadia,Sarah O'Leary,2009-09-04 *How to Quit Anything in 5 Simple Steps* Dianne A. Allen, MA,2014-03 After more than 3 decades of helping people feel better nationally known speaker Dianne A Allen brings to life her powerful formula for success There is a fundamental opportunity for joy and freedom within our grasp yet most of us simply miss it The answers are here we need only to accept them and allow them to assist us with our daily lives Many people keep trying to fight their way to happiness Fighting only makes things worse By uncovering and applying just five simple steps each of us can truly live our hearts desires and be free of the limitations that bind us This book offers a living and vibrant way to become free from the trance of human pain and torment Success in life is attained by following the simple daily plan created to help motivate and inspire readers There are many paradigms for creating your life find what inspires you to excel in *How to Quit Anything in Five Simple Steps* **Superhealing** Elaine Ferguson,2013-10-01 From Hippocrates in ancient Greece to the medical healers of today the impact that the mind body connection has had on overall health has been widely recognized And while advancements in technology are vast the constraints of conventional medicine are an impediment to successfully preventing reversing or addressing the causes of chronic diseases diseases such as diabetes high

blood pressure obesity arthritis acid reflux cancer and more At times these advancements have even proven fatal In Superhealing Engaging Your Mind Body and Spirit to Create Optimal Health and Well being Dr Elaine Ferguson uses an integrative approach to healing as a way of eradicating the physical emotional psychological and spiritual limitations illustrated from the real life stories she has witnessed throughout her medical career that lead to chronic diseases and imbalance Throughout Superhealing readers will explore the truth about genetics and disease the central role and significance stress has on the mind body connection as well as the distinctions between feelings thoughts and emotions and how both positive and negative emotions factor into one s health Readers will also discover The power of a plant based diet and the true dangers of processed food The impact healthy relationships have on the body The significance of vitamin D3 omega 3 fatty acids antioxidants critical minerals and vitamin B complex Why exercise should be the readers superhealing drug of choice The superhealing power of touch particularly massage and reflexology Toxic environmental factors such as the health damaging chemicals present in most personal care and cleaning products and how to reduce or eliminate them How laughter meditation guided imagery cognitive reprogramming journaling forgiveness and gratitude affects one s health How spiritual beliefs and practices isolation and adversarial relationships contribute to physical and psychological decline Once the groundwork is complete readers will construct an individualized forty day two part plan using a variety of clinically proven holistic techniques that will encompass four core steps to a superhealing lifestyle These steps will guide them on a unique path to better health while bringing the mind body and spirit back into balance

Road Map for Revolutionaries

Elisa Camahort Page, Carolyn Gerin, Jamia Wilson, 2018-09-18 A handbook for effective activism advocacy and social justice for people of all ages and backgrounds Are you ready to take action and make your voice heard but don t know how to go about it This hands on hit the ground running guide delivers lessons on practical tactics for navigating and protecting one s personal democracy in a gridlocked heavily surveilled and politically volatile country If you want to start making a difference but don t know what to do next Road Map for Revolutionaries provides the resources needed to help you feel safer more empowered invested in and intrinsic to the American experiment The book addresses timely topics such as staying safe at protests supporting marginalized communities online privacy and how to keep up the fight for the long term breaking down key issues and outlining action steps for local state and federal levels of government

The Eleven Eternal Principles

Carmen Harra, 2009-11-17 For the millions of spiritual seekers looking for achievable rules to live by in this lifetime the concept of healing personal karma to affect change in global karma is especially timely Dr Harra s message is uplifting comforting and all inclusive at a time when many are struggling with the limiting and divisive strictures of dogma and doctrine The Eleven Eternal Principles reveals simple universal truths that will raise our consciousness empower us to create a more harmonious and healthy world and allow us to embrace a new age of enlightenment

The Spiritual Path: How to Create Heaven on Earth Lily Rose, 2019-11-25 If happiness is found within and not in some form of external material

trappings would you let go and let God provide for all your needs Knowing this would you make choices that are for the highest good of all concerned In The Spiritual Path How to Create Heaven on Earth ordained CSL minister Lily Rose works to inspire humankind to create a culture of positivity filled with solutionoriented people living harmonious virtuous lives As you step on the path she opens the door to your perception to unveil a way back to the garden through nonduality and the power of personal integrity Reverend Lily exposes the fallacies present within the collective unconscious that block all that is good from manifesting in your life You will learn how to think in a new way that is not defined by the limiting ideas of the past navigating the spectrum of consciousness and building psychic healing love energy using the penny and domino principles to heal your body mind and spirit The Spiritual Path How to Create Heaven on Earth will help you develop pyramid consciousness to take a quantum leap toward materializing a new you as you tap into the field of infinite possibilities to realize your full potential reprogram and rewire your brain to nip the self sabotaging behavior of addiction in the bud and manifest heaven on earth through the accumulation of grace

Chakras for Beginners Athena Perrakis,2024-06-18

Discover the chakras the power centers connecting your physical body and the world of energy and explore the basics of energy healing Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy These powerful portals hold the key to our well being By tapping into the power of our chakras we can live healthier balanced and more abundant lives Written by Athena Perrakis leading metaphysical teacher and creator of the world s largest online metaphysical resource website SageGoddess com this beginner s guide Addresses the nine major chakras we can tap into to balance heal and manifest Teaches how and why different crystals essential oils and sacred plants help to support each chakra Includes magical exercises for accessing the energy of each chakra including meditations journal exercises and working with goddesses and spirit guides Colorful fun and approachable Chakras for Beginners is the perfect beginner s guide to the world of chakras and energy healing

How to Talk to Angels Lucinda Gabriel,2017-03-08

Invite divine beings into your daily life and benefit from their loving guidance with How to Talk to Angels Using easy to follow techniques and simple exercises this practical guide shows you how to develop your intuition and your clairs to better communicate with angels and receive their sacred messages Angels are more than willing to help improve your health and increase the love abundance and joy in your life Learn how to connect with them and see their angelic signs all around you Discover your heart s desires and how to attract what you want through meditation prayer and gratitude Explore ways to release fear raise your self esteem forgive yourself and others manifest money and take divinely guided actions With angels by your side you ll create a life beyond your wildest dreams

All the Joy You Can Stand Debrena Jackson

Gandy,2001-06-19 Bestselling author keynote speaker success coach and seminar leader Debrena Jackson Gandy has helped thousands of women access their inner power and live more joyfully and boldly In her national bestseller All the Joy You Can Stand 101 Sacred Power Principles for Making Joy Real in Your Life she reveals the steps that will help you undergo the

transformation of a lifetime This engaging thought provoking book shows you how to Discover your sacred self and renew your spirit Unblock your joy and learn to go with the Flow Free your creative genius and make use of your natural gifts and talents Cultivate your intuition self expression and boldness Be a Sensuous Woman a Spiritual Gardener and the Architect of Your Life Filled with personal experiences and insightful stories from readers friends and seminar participants this uplifting get real guide is a must read for women who want to develop their spiritual strength and tap into their divine potential Discover how to have a life of joy peace power and ease *Self-Ignorance Is Your Problem. Self-Awareness Is Your Solution.* Benjamin M. Othmar, Deepak Burfiwala, 2016-04-01 You have something great within you if you are passionate about realizing your inner uniqueness If you think you deserve to live a life of love peace abundance wealth and purpose then this book is for you to empower yourself knowledge and self belief Self Ignorance is your Problem Self Awareness is Your Solution will help you to discover your inner voice become limitless and elevated reach you to your dreams and enliven them to be more become creative You will become a powerful and better person committed to your goals and that of the society What this book will do for you Identify your goals and motivate you to achieve them in simple ways Boost your unshakable confidence and self image and improve your relationships which will help you lead a better life Choose the career that will make you happy for the rest of your life There are only a few books that can literally move your life to the next level Luckily this book is one of them If you re looking to grow your success happiness prosperity then do yourself a favour and read this book Not only I am reading this book but I am getting bulk copies so I can have my family members clients read this book WOW it s AMAZING Bishal Sarkar World Authority on Practical Public Speaking and Author of I Love Public Speaking

Make Peace with Your Plate Jessica Ainscough, 2013-10-01 In Make Peace With Your Plate Jessica shares her journey from party girl and cancer patient to healthy lifestyle ambassador Diagnosed at 22 with a rare type of incurable cancer and told that her only option to prolong her life was to amputate her arm Jess set about learning everything she could about alternative treatments Six years on following a complete change in lifestyle diet and mindset she is thriving Combining everything she s learned about health and wellness Jess now shares her simple philosophy for ending the struggle too many of us face when it comes to food and body image including Which foods are vital to create a healthy body and a clear mind How to create a sustainable healthy lifestyle transformation The elements apart from food that contribute to your wellbeing Simple daily practices to keep you looking and feeling amazing Jessica s honest and informative story gives you all you need to become a wellness warrior [The British National Bibliography](#) Arthur James Wells, 2007

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










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