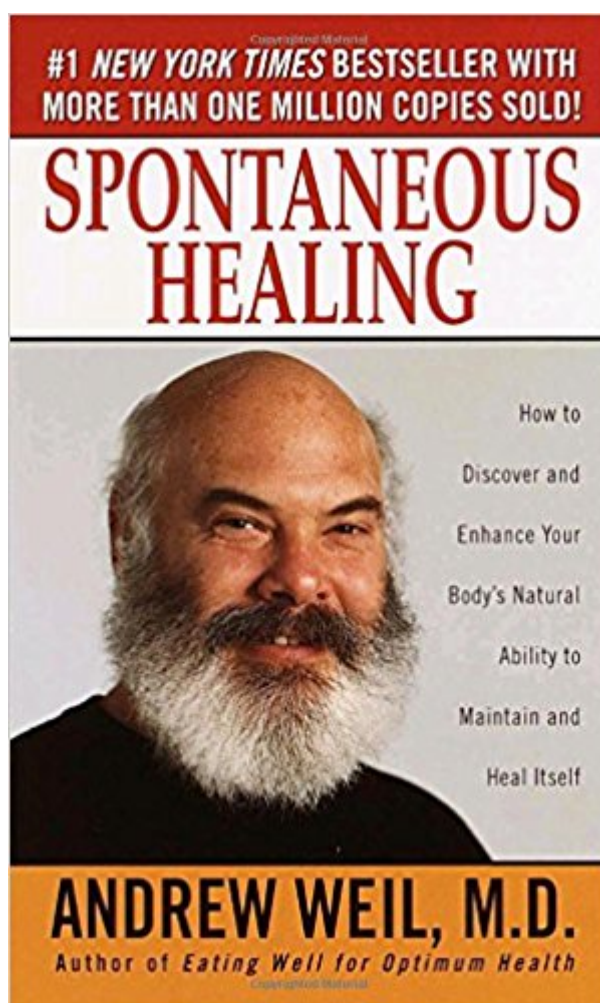


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# Spontaneous Healing : How To Discover And Embrace Your Body's Natural Ability To Maintain And Heal Itself



## Synopsis

The body can heal itself. Spontaneous healing is not a miracle but a fact of biology--the result of the natural healing system that each one of us is born with. Drawing on fascinating case histories as well as medical techniques from around the world, Dr. Andrew Weil shows how spontaneous healing has worked to resolve life-threatening diseases, severe trauma, and chronic pain. Weil then outlines an eight-week program in which you'll discover:- The truth about spontaneous healing and how it interacts with the mind- The foods, vitamins, supplements, and tonic herbs that will help you enhance your innate healing powers- Advice on how to avoid environmental toxins and reduce stress- The strengths and weaknesses of conventional and alternative treatments- Natural methods to ameliorate common kinds of illnessesAnd much more!

## Book Information

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## Customer Reviews

It is clear that all organisms have highly developed mechanisms for self-repair and healing -- but according to Dr. Weil, Western medicine often interferes instead of working with these systems. In the course of his argument, he describes several extraordinary case studies of drastic spontaneous healing. Perhaps the most valuable feature of the book is his more gradual eight-week program of strengthening the ability of your immune, endocrine, circulatory, and nervous systems to provide such spontaneous healing. --This text refers to an out of print or unavailable edition of this title.

As others argue the politics of health care, Weil (Health and Healing) turns away from the usual practice of Western medicine, which is focused on alleviating symptoms rather than strengthening

internal mechanisms of health, to closely consider the nature of the healing process. "At every level of biological organization, from DNA up," he writes, the "mechanics of self-diagnosis, self-repair and regeneration exist in us." To buttress his point, he cites such evidence as the placebo effect, inexplicable remissions and the commonplace repair of wounds, often marginalized by the medical community. In an effort to make the process of healing seem less obscure, Weil reports a wide range of dramatic case histories. Other sections detail various means, e.g., diet and breathing exercises, available for optimizing one's healing system, and suggestions for approaches to illnesses. Also included are an "Eight Week Program for Optimal Healing Power" and a guide to finding practitioners, supplies and information. Copyright 1995 Reed Business Information, Inc.

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I have used many of Dr. Weil's suggestions and have had great success. We can heal ourselves and still use Western medicine as needed.

IF you are into healing naturally, this book is for you, it tells you about Andrew Weil's Journey to find the way to natural healing and where to go and get this healing and he talks about touring the Big Pharmacy and that's why he change his mind About being an MD, instead he now teaches at the city of Tucson, Arizona.

Fantastic book! Everyone should read it and understand what a gift the human body truly is and that it has such an incredible ability to balance itself and heal. Doctors should enhance that not try to suppress it.

I did get a lot out of this book on ways to deal with illnesses and the best practices for the best possible quality of life. However it was written decades ago, would love a current version.

Total cholesterol 212 --> 105 in 1 year.

Practical and sane discussion of mind/body health relationship. Very relevant information, for the reader who seeks to take control and responsibility for his own health. Good examples of integrative medicine involving traditional, holistic and dietary approach to achieving/maintaining "wholistic" health.

One of the most important books I've ever read. A real wake up call to "modern" medicine. He's right, they're not.

I liked the holistic approach but any credence given to unproven methods is a load of crap.(might be a little harsh) I think the book does well enough to show that being healthy may have a multitude of health benefits but any specific recommendations based on anecdotal evidence could prove deleterious.

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