



Spontaneous Healing

Andrew Weil Md

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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 illnesses

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