



Your Inner Pharmacy: Taking Back Your Wellness

By Robert Blaich

Beyond Words Publishing, United States, 2006. Other book format. Book Condition: New. 231 x 152 mm. Language: English . Brand New Book. Your Inner Pharmacy deconstructs the assumption that health and well-being are the responsibility of the government, the medical system, or an insurance company. Teaching facets of health and health care that most people never learned in school or from their primary physicians, the author shows readers how to create an awareness of their own bodily needs, a task too often abdicated to pharmaceutical companies. Bridging the divide between traditional and alternative medicine, Your Inner Pharmacy shows how each fits into the current healthcare system. Far more than just another how to book, it shifts paradigms about healthcare and motivates readers to engage in healthy living. Readers learn how to create their own commonsense health plan, an organized program of weekly health-promoting activities, stress reduction, diet, exercise, and routine maintenance. By investing just 10 of their leisure time into these activities, readers experience a dramatically improved quality of life.



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Reviews

Very good eBook and valuable one. This is for anyone who statte that there was not a worth reading. You will not truly feel monotony at at any time of your own time (that's what catalogs are for concerning if you question me).

-- **Ms. Ona Muller**

The ideal publication i possibly go through. It is amongst the most awesome publication we have study. I am just easily will get a satisfaction of studying a published publication.

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