



Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being

Elaine Ferguson MD

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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.



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This Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being is brand new way for you who has intense curiosity to look for some information as it relief your hunger associated with. Getting deeper you into it getting knowledge more you know otherwise you who still having bit of digest in reading this Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-being can be the light food to suit your needs because the information inside that book is easy to get by simply anyone. These books develop itself in the form which can be reachable by anyone, sure I mean in the e-book contact form. People who think that in publication form make them feel tired even dizzy this reserve is the answer. So you cannot find any in reading a guide especially this one. You can find actually looking for. It should be here for you actually. So , don't miss it! Just read this e-book variety for your better life and also knowledge.

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