



From Now On Easing and Transforming Lives Interrupted by Illness or Injury an Introduction to the Philosophy, Practices, and Processes of Sevenfold Healing and Cure

By Dr. Beth W Alderman

Multifaith Witness Films and Books LLC. Paperback. Book Condition: New. Paperback. 118 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. From Now On: An Introduction to the Philosophy, Practices, and Processes of Sevenfold Healing and Cure is for readers whose lives have been interrupted by illness or injury, who have passed through a time of darkness, and who are ready to take charge of their healing and cure. From Now On offers a practical post-modern idea of the body, useful definitions of healing and cure, and a system for complete self-guided personal care. The author developed this system for personal use after developing myalgic encephalomyelitis, an emerging epidemic illness of the late modern era. This system, which she calls sevenfold healing and cure, derives from a lifetime of experience as a student of biology, doctor of mainstream medicine, specialist in public health and preventive medicine, academic medical researcher, patient, spiritual seeker, world traveler, self-guided healer and medical detective. Readers can use the system introduced in From Now On to directly and subjectively observe their bodies and their lives and to use what they discover to initiate processes of healing and cure that work from the inside out. They can then choose to...



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