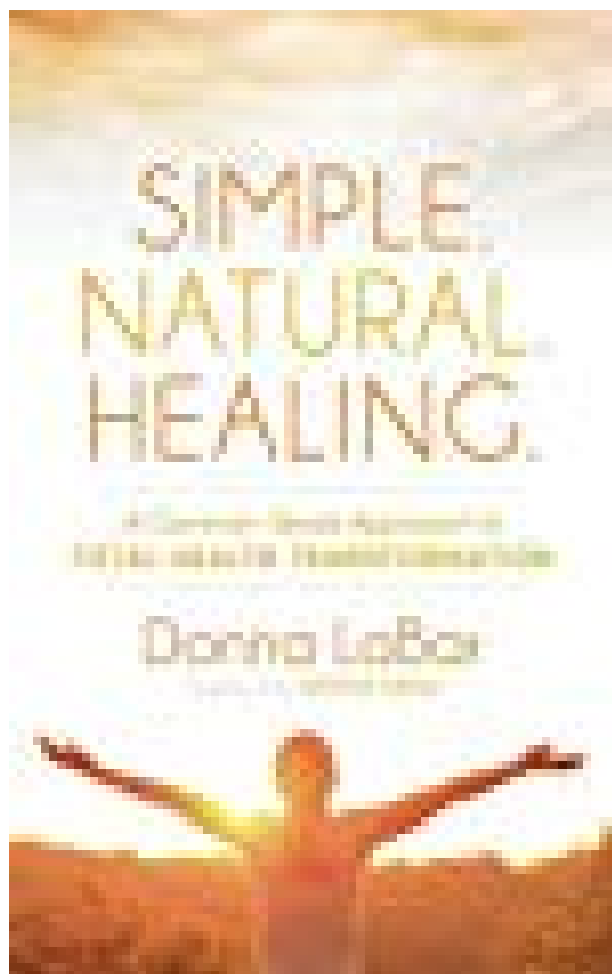


Simple. Natural. Healing.: A Common Sense Approach to Total Health Transformation



Pages:	148
Genre:	Uncategorized
Author:	Donna LaBar
ISBN13:	9781614485438
Goodreads Rating:	4.44
Published:	September 20th 2016 by Morgan James Publishing
ISBN10:	1614485437

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SIMPLE. NATURAL. HEALING author Donna La Bar firmly believes in nutritional healing to reverse nearly every ill. She started teaching nutritional healing facts to friends and family over three decades ago. Everything snapped into focus the moment her daughter, age twelve, was diagnosed with advanced acute myeloid leukemia with two weeks to live. Instantly, all the research had tremendous purpose. Everything La Bar knew about recovering the body to wellness was implemented and put to the test. Her daughter's recovery changed her life and the lives of everyone La Bar has helped since that time. She has now coached others with terminal diagnoses and disturbing illnesses for decades, and the stories of their recoveries are captured in the pages of SIMPLE. NATURAL. HEALING. Readers will learn the importance of alkalinity, pH balance, and how to achieve it; the role enzymes play in health and how to easily support the body with them; and how to get sleep, reduce stress, and have better elimination to dramatically improve health. The knowledge and ability to heal the body nutritionally without special dieting is so empowering. It's the information our society needs right now. Reducing illness and healthcare issues is within our reach as individuals and as a society. SIMPLE. NATURAL. HEALING. demonstrates the way."