

The Wellbeing Touch

**An uncomplicated guide to
great health – naturally**



Wendy Langley

The Wellbeing Touch An Uncomplicated Guide To Great Health Naturally

Alan Rees



The Wellbeing Touch An Uncomplicated Guide To Great Health Naturally:

The Wellbeing Touch - Wendy Langley, 2014-12-20 The Wellbeing Touch an uncomplicated guide to great health naturally Wendy presents simple yet effective ways you can take yourself to experience better health Whether you are living with an illness or looking for a way to remain fit and healthy this book is a guide delivered with a gentle humour to give you exactly what it says in the title With real life examples from clients as well as first hand experiences Wendy explains why it makes sense to look at your lifestyle from your stress levels to your eating habits for the answers to your health issues so you can live a wonderful vibrant life This is uncomplicated easy reading with well grounded information and advice and Wendy really does keep it simple for you As she says why complicate things Life is only as complicated as you make it and it s better that we keep it simple so we have more time to kick off our shoes and enjoy it **The Wellness Guide** Rachel

Newcombe, Claudia Martin, 2023-12-12 Embrace every aspect of your well being from physical mental and emotional health to improved nutrition sleep and relationships True wellness is rooted in mental emotional social occupational financial and physical well being Wellness is fed and watered by practicing healthy but simple habits that allow us to grow and blossom The Wellness Guide sets readers on the path to achieving a balanced life that is healthy and fulfilling with practical advice on how to set and achieve goals for every aspect of well being By optimizing your physical mental and emotional health you can find the ideal work life balance that will result in positive long term benefits Natural Remedies Made Simple Barrett Williams, ChatGPT, 2025-05-25 Unlock the ancient secrets of natural healing with Natural Remedies Made Simple Dive into a world where the wisdom of herbal medicine meets modern day simplicity Perfect for novices and enthusiasts alike this eBook serves as your comprehensive guide to harnessing the power of nature s pharmacy Begin your journey with an introduction to the fascinating history of herbal medicine exploring how cultures across the globe have relied on plant remedies for centuries Discover the unique properties of herbs and learn the importance of ethical harvesting to ensure sustainability for generations to come Navigate through essential herb preparations with step by step methods to craft infusions teas tinctures and salves with ease Whether you re soothing a stubborn stomach ache or strengthening your immune system this guide lays a clear path to natural wellness From nurturing healthy digestion to boosting immune defenses each chapter provides targeted solutions for everyday ailments Learn to create calming environments to ease stress and anxiety and explore specific remedies tailored for women s and men s health needs Treat your skin with care manage pain naturally and nurture your respiratory system with carefully selected herbs Designed with families in mind discover gentle yet effective remedies for children s ailments ensuring a happier healthier home Transform your space into a living apothecary by growing your own medicinal herbs complete with tips for creating your own windowsill garden Prioritize safety with reliable guidelines on herbal contraindications interactions with prescriptions and proper dosages Finally bring it all together by creating a personalized herbal dispensary stocking your herbal cabinet and developing remedies suited to your lifestyle Natural

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The Natural Pharmacy Product Guide Richard Israel, 1991 Explains the principles of natural health care remedies examines the various approaches to holistic healing and looks at over 125 of the most popular and effective brand name products for treating a wide range of common ailments

The Complementary and Alternative Medicine Information Source Book Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews

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The Simple Living Guide Janet Luhrs, 2014-04-02 In *The Simple Living Guide* Janet Luhrs demonstrates how to live a deliberate simpler life and savor it As Janet Luhrs says Simple living is about living deliberately Simple living is not about austerity or frugality or income level It is about being fully aware of why you are living your particular life and knowing that life is one you have chosen thoughtfully Simple living is about designing our lives to coincide with our ideals Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life this book can be your guide Janet Luhrs the nationally recognized founder and editor of the Simple Living Journal brings together strategies inspiration resources and real life profiles of people who have slowed down overcome obstacles and created richer lives Discover Simple Living approaches to money work holidays cooking and nutrition health and exercise clutter gardening travel and more

Living a Healthier Life Naturally: Your Guide to Better Well-being Pasquale De Marco, In an era where health and well being are paramount *Living a Healthier Life Naturally Your Guide to Better Well being* emerges as a beacon of wisdom offering a comprehensive and holistic approach to achieving optimal health Delving into the depths of natural living this book unveils the secrets to a vibrant and fulfilling life empowering you to embrace nature's healing touch and unlock your full potential Step into a world where nature and well being intertwine where simple changes in your lifestyle can lead to profound improvements in your overall health Discover the benefits of incorporating natural elements into your daily routine from choosing whole unprocessed foods to harnessing the healing power of herbs Embark on a journey of self discovery as you explore the mind body connection learning to manage stress cultivate inner peace and find purpose and meaning in life With *Living a Healthier Life Naturally* you will embark on a transformative journey that encompasses every aspect of your well being Explore the world of natural remedies discovering safe and effective solutions for common ailments Delve into the importance of quality sleep uncovering the secrets to a restful night's slumber and addressing common sleep disorders Empower yourself with knowledge understanding the latest health trends and critically evaluating health information As you progress through the chapters you will gain a deeper understanding of the interconnectedness of your physical mental and emotional health Learn to create a sustainable healthy lifestyle one that aligns with your unique needs and aspirations Navigate health challenges with resilience and grace finding strength and support in the wisdom of nature Join the growing movement of individuals seeking a more natural and fulfilling way of life With *Living a Healthier Life Naturally* you will unlock the secrets to a healthier happier and more vibrant life Embrace the transformative power of nature and embark on a journey

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Vagus Nerve: A Simple Guide of Natural Methods to Relieve Stress (Learn How to Stimulate & Activate the Power of the Longest Nerve in Our Body) Daniel Thompson, 2011-01-01 Vagus nerve basics is an easy to digest explanation of what happens within the complex nervous system how it impacts mind body health and physical mental and emotional symptoms that may occur when imbalanced You'll discover natural non invasive ways to stimulate your vagus nerve that are easy to practice especially for a person with limited energy who may be recovering from a health situation These techniques are backed by science and often only take a couple of minutes for feel better results that complement a person's recommended healthcare program Inside this book you'll discover A step by step guide to simple yet effective vagus nerve exercises you can do at home Practical techniques to relieve stress anxiety depression and emotional imbalance How to reduce chronic muscle tension pain and inflammation Targeted strategies to improve digestion sleep and energy levels Proven breathing techniques cold exposure methods sound therapies and more to activate the vagus nerve Understanding this what if we told you there's a solution lying dormant within your own body Introducing this groundbreaking guide that will help you unlock the hidden power of the vagus nerve and equip you with the tools to combat anxiety and stress This book demystifies the vagus nerve the longest nerve in your body that interfaces with your heart lungs and digestive tract and provides you with practical exercises designed to unleash its incredible potential for healing Ready to finally conquer anxiety revitalize your mental well being and promote wellness throughout your life

Robert Crayhon's Nutrition Made Simple Robert Crayhon, 1996-02-14 Are you looking for one book to explain all of the basics of nutrition and the latest findings Let Robert Crayhon guide you with his fun direct and scientifically documented approach

Beat Acne for Good Your Natural Guide to Clear Skin: Science-Backed, Holistic Strategies for Lasting Results Leticia Gus, 2025-07-13 Beat Acne for Good Your Natural Guide to Clear Skin Science Backed Holistic Strategies for Lasting Results Say goodbye to harsh chemicals and endless skincare cycles that don't work Beat Acne for Good is your comprehensive science backed roadmap to achieving clear healthy skin naturally and sustainably This guide offers practical holistic methods that address not just the visible symptoms of acne but its real root causes including hormonal imbalances dietary triggers gut health stress and lifestyle factors Inside you'll discover The biological science behind acne development How hormones stress and diet influence your skin Anti inflammatory foods and supplements that promote skin healing Natural skincare routines using safe non comedogenic ingredients Gentle cleansing moisturizing and exfoliation techniques that actually work

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Waxman,2019-08-06 The ultimate guide on how to build and integrate healthy habits into your diet and lifestyle revealing a more positive balanced and invigorating approach to long lasting health With modern healthy diets constantly flip flopping on what foods to eat and focusing on restricting calories individuals can be left confused defeated and unsatisfied This new book by acclaimed macrobiotic health and nutritional experts Denny and Susan Waxman leaves all negativity behind and brings to light a positive outlook on building one healthy habit at a time Great health is not achieved by taking away and restricting it is achieved by adding healthier foods and lifestyle practices One healthy choice leads to another healthy choice says Denny Waxman Readers will find healthy living easier than ever by learning how to apply these principles into a broad range of modern lifestyles and having the ability to go at their own pace The book includes new recipes from Susan Waxman and clears up misinformation about food to give you understanding of how to achieve your best physical spiritual and mental health The Ultimate Guide to Eating for Longevity is not a diet fad but based on the world s long standing civilizations that have changed very little over time and make it clear that it is possible to live a long healthy life *My Healthiest Life*

Shopping Guide: Our Best of the Best Product Picks for 2009: Body, Face & Hair , Natural Family Living Peggy

O'Mara,Jane L. McConnell,2000-03 From preconception to adolescence to creating a healthy family lifestyle this guide covers health during pregnancy and natural childbirth healthful eating for the whole family uses and abuses of TV computers and video games discipline issues and more **Your Best Medicine** Mark A. Goldstein,Myrna Chandler Goldstein,Larry P.

Credit,2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care Your Best Medicine introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in Your Best Medicine have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in Your Best Medicine also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care Everyday Bliss for Busy Women Maryam Webster,2008-05-01 Everyday Bliss for

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