

Secrets Of Your Cells Discovering Your Bodys Inner Intelligence

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acupressure is one of the simplest and most truly effective ways to treat yourself naturally our practical guide makes acupressure simple for even a complete beginner

are you tired do you suffer from chronic pain headaches backaches or other persistent discomfort do you experience depression or feel anxious do you have allergies or autoimmune issues have you lost your sex drive somewhere along the way if you have one or more of these symptoms you may be suffering from what rachel carlton abrams md calls chronic body depletion a condition that can be related to weight gain high blood pressure exhaustion and many other symptoms that leave the body drained in bodywise dr abrams helps us to understand that these symptoms uncomfortable as they may be are actually a sign of our body s intelligence our bodies are trying to communicate sometimes screaming at us to pay attention and only when we learn to listen are we able to treat what ails us to achieve optimum healing and lifelong health dr rachel shares her customizable 28 day program used with thousands of patients in her clinic for healing the body both physically and emotionally through quizzes and detailed self assessments she explains how you can evaluate your own body wisdom for different areas in your life including stress sleep libido pain anxiety depression allergies and autoimmune issues guiding you through thoughtful diet routine and lifestyle changes bodywise will help you discover your own unique needs and offer you the principles and practices to create the vibrant balanced healthy life you have always deserved

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