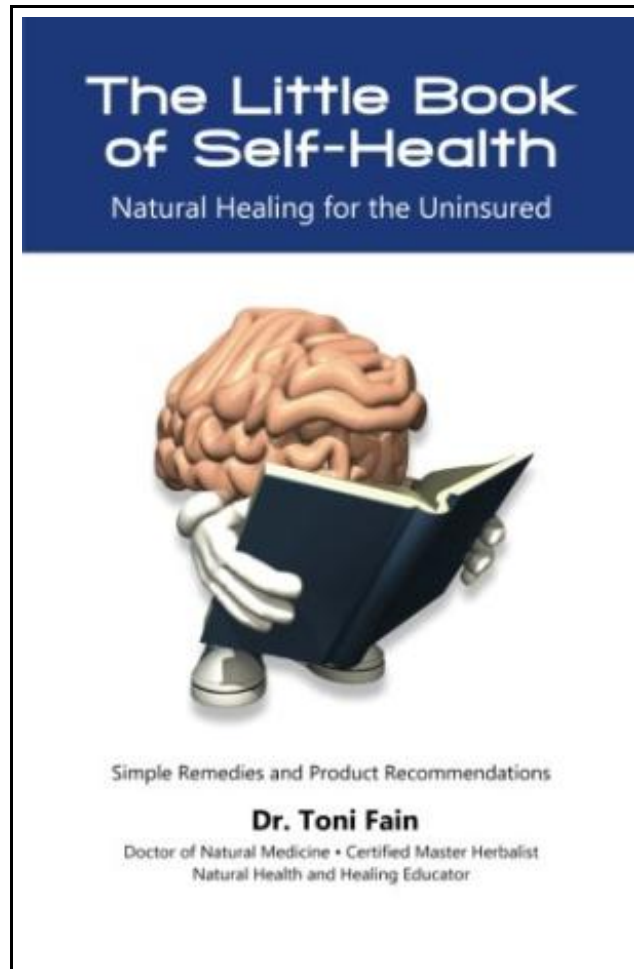


## The Little Book of Self-Health: Natural Healing for the Uninsured



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Toni Fain Healing Arts, United States, 2012. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Naturopathic doctor, Toni Fain, employs 40+ years of study and practice to counter current misinformation about nutrition and health. Learn to address your own health complaints using effective, inexpensive, natural methods, an important approach for those without insurance. Includes supplement and product recommendations by name, plus suggestions for finding other valuable printed resources. Contents include how a human body works at the cellular level, muscle testing, pH balancing, nutrition and foods, vitamins and mineral supplements, antioxidants, tonic herbs, pain remedies, immune building, colonics, blood cleansing, elimination, emotional health, massage, lotions, and more. Dr. Fain s credentials: Doctor of Natural Medicine Licensed Massage Therapist Certified Clinical Hypnotherapist Lymph Drainage Technician Certified Medical Assistant Certified Master Herbalist Natural Health and Healing Educator This book was originally published in 1997 under the title Life is for Living. That original derived from numerous studies and practices by Fain, whose pursuit of a deep and abiding foundation for natural healing and health took her to Mexico, Moscow (in the USSR), Berkeley, Utah, Arkansas, and Arizona. In this expanded version she adds even more insight and instruction. Dr. Fain now makes her home in Nevada. For many years she taught the art of massage therapy to students seeking licensure. In addition to her own health and healing practice, she provides continuing education instruction for massage therapists.



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