

Welcome to Your Mind Body: Mind Your Body Mend Your Health, 2007, 259 pages,
Rudy Kachmann, Kim Kachmann-Geltz, 1933858206, 9781933858203, Evangel
Author Services, 2007

Polls consistently show that addressing problems in our health care system remains a top concern for most Americans. Yet despite these findings, health care spending is out of control, and little relief is in sight. Even more alarming is the fact that 60 percent of people who go to a doctor have stress-related symptoms--ailments that are preventable with less expensive and less invasive alternative therapies that reconnect the mind to the body for whole body wellness. This book will help you: - Understand why the majority of our medical problems do not need heroic medical intervention. - Gain an appreciation of the mind-body connection. - Reconnect the brain to the body for better overall health. - Avoid unnecessary medical procedures. - Become healthier, happier, and stress-free.

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Minding the Body, Mending the Mind , Joan Borysenko, Larry Rothstein, 1987, Health & Fitness, 241 pages. The co-founder of a New England alternative medicine clinic offers the essence of the clinic's ten-week program, discussing relaxation techniques that boost the immune system.

Oh, My Aching Back , Rudy Kachmann, Rudy Kachmann M D, Thomas L Lazoff M D, Nov 1, 2005, Health & Fitness, . This video, presented by noted neurosurgeon Dr. Rudy Kachmann and physiatrist Dr. Thomas Lazoff explodes the popular mythology surrounding the treatment of back pain. Their.

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The 9-Day Liver Detox Diet The Definitive Diet that Delivers Results, Patrick Holford, Fiona McDonald Joyce, Dec 28, 2010, Health & Fitness, 192 pages. Cleanse Your Liver without Fasting A healthy liver keeps your bloodstream and other organs clean. But when it's overloaded with toxins from alcohol, caffeine, pesticides

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