



How to Be Healthy: Body, Mind, and Spirit

Dr. Lauren Deville NMD

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This book is designed to be a simple guide to better health, based on the following premise: If you give your body what it needs to heal itself and remove the obstacles to cure, healing will follow. Nature Cure is not easy to employ, but it is usually easy to understand. There are only so many building blocks, and there are only so many possible obstacles to cure. Our bodies are designed to heal themselves. The physician's job is not to "make someone well," but rather to facilitate the process of healing. In this guide, Dr. Lauren will help you to recognize which obstacles to cure you face, how to remove them, and how to supply the specific building blocks for health that you lack so that you can create your own personal path to optimal wellness.

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