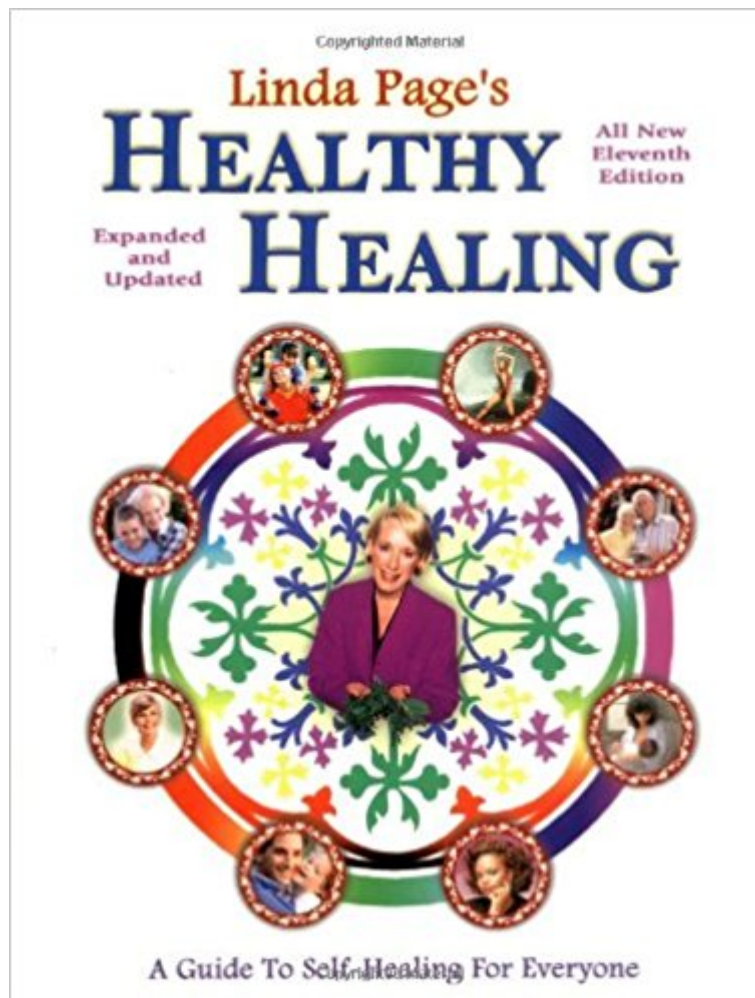




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# Healthy Healing: A Guide To Self Healing For Everyone (Eleventh Edition)



## Synopsis

When "Healthy Healing" was first written, it was the only book of its kind. Now, bigger and better than ever, "Healthy Healing" is used by people around the world including practitioners, educators and health store staff. Why? Because it is complete and easy to use! First, look up the illness in the handy table of contents. This alphabetical listing of over 150 health complaints directs readers to the encyclopedic reference section. For each ailment, there are alternative health care therapies: diet and superfood, herbal and supplement, and lifestyle support. This book also contains a wealth of information - complete lifestyle programs for people with special needs, programs for children, a new expanded guide to detoxification and more! \*100 new pages \*Easier to use \*New - Personal Ailment Analysis Section - "Help Yourself" Customize your own healing program. What's your problem? Choose the best therapy. \*Natural Healing Product Section \*Updated - How to use - Safety Cautions \*Expanded Food Is Medicine Section \*The Latest about natural healing for children \*Natural Healing For Pets Section

## Book Information

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## Customer Reviews

"HEALTHY HEALING is an incredible resource for both patients and practitioners. Linda Page has assembled a vast array of invaluable information on a wide variety of healing modalities and put it into a very user-friendly format. I recommend this book to anyone interested in improving and maintaining health!" -- Randy Ruben Baker, M.D. "I hope everybody appreciates the synthesis and blend of healing art that Linda Page puts together in this book. I know of few people who have the

knowledge, energy and experience to complete such a task." -- Humbart "The eleventh edition of HEALTHY HEALING is better than ever - easy to read, simple to use and packed full of essential information for all. This book is a must for those who want to look better, feel better and live longer, pain-free lives!" -- Anthony Cichoke, M.A., D.C., D.A.C.B.N.

Long before natural foods and herbal formulas became a "chic" widely accepted method for healing, Linda Page was sharing her extensive knowledge with those who dared to listen. Through what some would call an accident of fate, but she calls a blessing, she was compelled to research alternative avenues of healing. Sequestered in a hospital with a life-threatening illness, watching her 5-foot frame wither to 69 pounds, her hair drop out, and her skin peel off, doctors told her they had no cure. With only a cursory knowledge of herbs, she began a frantic research process of testing herbal formulas and healing food combinations on herself. She read voraciously about herbal healing. Good friends shopped for herbs and she began to formulate the many compounds which would eventually save her life, revitalize her health and restore beautiful new hair and skin. It was that incident that led her to seek her degrees in Naturopathy and Nutrition at Clayton College of Natural Health in Birmingham, Alabama. A prolific author and educator, Dr. Page has sold over a million books including "Healthy Healing", "Cooking For Healthy Healing", "How To Be Your Own Herbal Pharmacist", "Party Lights", "Detoxification" and a popular series of library books which address specific healing therapies for topics like menopause, male and female energy, stress and energy, colds and flu and cancer. Dr. Page is an Adjunct Professor at Clayton College of Natural Health. She has appeared weekly on a CBS television station with a natural healing report; she is a principle speaker at national health symposiums and conventions; she is featured regularly in national magazines; she appears on hundreds of radio and television programs. She has just released a television program to PBS stations called "The World of Healthy Healing - Unleashing The Healing Power Of Herbs" a one-hour educational program that is entertaining and full of useful information about herbal healing. Dr. Page delights in having come full circle: "I feel I am living my dream. I am so grateful that knowledge of healing through herbal formulas and good foods is becoming so widespread. I see it as an opportunity for people to seize the power to heal themselves. Knowledge is power. Whether one chooses conventional medicine, alternative healing avenues, or combines them both in a complementary process, the real prescription for healing is knowledge."

I have been using this health guide since 2009 for preventative health. Eating healthy is my primary

goal for offsetting aging issues and at seventy-two doing very well - especially following the Arthritis and Cholesterol guidelines, in conjunction with discussing these options for healing with my doctors; when they realize you're interested in your health they become more interested in you. I have finally mailed used copies to all of my six children and closest family members, and a new friend for reference when they have concerns about health related issues.

I love this book and use it as a reference for work and home. I am gifting it to my neice. These kinda books are empowering and helpful for people who like to be in charge of their own health & healing. It is educational and gives you several options on what to do. I have made copies for people I work with to give them some anchor and ideas about what they can do to help themselves when they were suffering from a particular ailment that is not serious. Thanks for the opportunity to review this.

Linda Page's. Healthy Healing book is very informative and nice to have around as a source book. This was a course study book. When I attended school several years back. Then I moved and it disappeared. It did not show up in any of the boxes.

use it all of the time dont like her newest edition her new editor sarah abernathy makes too many mistakes and leaves important info out get this edition if you can it is more complete i miss linda before sarah abernathy she needs to find someone else to help her out

a wonderful reference book to all natural medicines and health advice. Even has a chapter on Pet health.

I've used her book for twenty years. I sent this one to a frightened friend who was hospitalized.

This book is a good reference for "what to do for ..." situations, such as "I have a migraine; what do I do?" The author is very diligent about providing solutions from different schools of thought, including naturopathy, homeopathy, reflexology, aromatherapy, etc. Also included are ways to alter one's diet to promote healing. My only criticism of the book is the relatively small amount of information regarding disease prevention.

Great information!

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