



Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age

Tieraona Low Dog Md

Download now

[Click here](#) if your download doesn't start automatically

Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age

Tieraona Low Dog Md

Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age

Tieraona Low Dog Md

"The division between conventional and traditional medicine is as artificial as the division between science and nature. They can be woven together in a fashion that meets our physical, emotional, and spiritual needs. This is the foundation upon which integrative medicine is built." -- Tieraona Low Dog, M.D.

In *Life Is Your Best Medicine*, Dr. Low Dog weaves together the wisdom of traditional medicine and the knowledge of modern-day medicine into an elegant message of health and self-affirmation for women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental health issue or remedy. We learn that, despite the widespread availability of pharmaceutical medications, advanced surgical care, and state-of-the-art medical technology, chronic illness now affects more than 50% of the American population. The evidence is overwhelmingly clear that much of the chronic disease we are confronting in the United States has its roots in the way we live our lives. Research shows that if Americans embraced a healthier lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social interactions; stress management; not smoking; limited alcohol use; and no or limited exposure to toxic chemicals; then 93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit gives you a much better chance for getting well. Your health has a great deal more to do with your lifestyle and a lot less to do with taking prescription drugs than most people realize.

Part I. The Medicine of My Life is a personal and passionate introduction to the book

Part II. Honoring the Body includes Food, Supplements, Illness, Wholeness

Part III. Awakening the Senses includes Nature, Garden, Music

Part IV. Listening to Spirit includes Humor, Relationships, Play, Meditation, Animals

Epilogue. Contentment



[Download Life Is Your Best Medicine: A Woman's Guide to Hea ...pdf](#)



[Read Online Life Is Your Best Medicine: A Woman's Guide to H ...pdf](#)

Download and Read Free Online Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age Tieraona Low Dog Md

From reader reviews:

Eric Butler:

Book is to be different per grade. Book for children until adult are different content. As we know that book is very important normally. The book Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age seemed to be making you to know about other expertise and of course you can take more information. It is quite advantages for you. The guide Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age is not only giving you considerably more new information but also to get your friend when you sense bored. You can spend your own personal spend time to read your publication. Try to make relationship with the book Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age. You never feel lose out for everything in case you read some books.

Jennifer Games:

Now a day people that Living in the era where everything reachable by connect with the internet and the resources inside it can be true or not call for people to be aware of each facts they get. How a lot more to be smart in getting any information nowadays? Of course the answer is reading a book. Examining a book can help men and women out of this uncertainty Information specifically this Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age book because this book offers you rich info and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you know.

Bonnie Lugo:

Reading a book to get new life style in this 12 months; every people loves to examine a book. When you study a book you can get a lots of benefit. When you read publications, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what types of book that you have read. In order to get information about your analysis, you can read education books, but if you want to entertain yourself read a fiction books, such us novel, comics, along with soon. The Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age will give you new experience in reading a book.

Ilene Bixler:

On this era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple solution to have that. What you must do is just spending your time not much but quite enough to get a look at some books. One of many books in the top list in your reading list is Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age. This book that is certainly qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upward and review this book you can get many advantages.

Download and Read Online Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age Tieraona Low Dog Md #V89UP7QH62N

Read Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age by Tieraona Low Dog Md for online ebook

Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age by Tieraona Low Dog Md Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age by Tieraona Low Dog Md books to read online.

Online Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age by Tieraona Low Dog Md ebook PDF download

Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age by Tieraona Low Dog Md Doc

Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age by Tieraona Low Dog Md MobiPocket

Life Is Your Best Medicine: A Woman's Guide to Health, Healing, and Wholeness at Every Age by Tieraona Low Dog Md EPub