

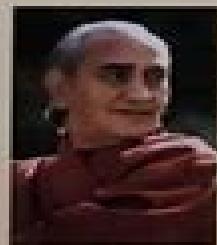
HEALTH

A PRACTICAL GUIDE TO
HOLISTIC HEALTH
by Swami Rama

*What is your purpose in life?
How are you going to achieve that purpose?*

Sri Swami Rama, educated in Himalayan cave monasteries and Western universities, teaches that holistic health depends on answering these two questions. In this book, he shows you how to discover your life's purpose and how to achieve optimum health through cleansing and nourishing, exercise and stillness, and understanding your emotions.

You'll learn the secrets of ancient practices that will help you rediscover your inner source of physical well-being, emotional stability, and peace.



SRI SWAMI RAMA, the founder of the Himalayan International Institute of Yoga Science and Philosophy, was raised in the Himalayan cave monasteries and ordained a monk in early childhood. He studied Western psychology, philosophy, and medicine in Europe and taught in Japan before coming to the United States in 1969. Here he founded the Himalayan Institute to create a bridge between the ancient teachings of the East and the modern scientific approaches of the West.



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A Practical Guide To Holistic Health

**Angela Scriven, Gareth Morgan, James
Woodall**

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Every Women's Book Paavo O. Airola, 1979 **The Physician**

Within: A Practical Guide to the Natural Healing Power Within All of Us Stan Gross, D.C., 2014-05-15 Dr Gross is an author lecturer product developer and international teacher He has practice in the St Louis Missouri and surrounding area for the past 25 years His work has taken him to Central and South America China Southeast Asia the Middle East and the Russian Republic His message of wellness has been well received by people of all ages races and nationalities Dr Gross has also developed and patented several nutritional products for humans horses dogs and cats His recent project involves addressing the issues of starvation in less fortunate areas of the world

A Practical Guide to Hospital Ministry Harold G Koenig, Junietta B McCall, 2018-10-24 Examine a meaningful integrated systemic and pragmatic view of hospital ministry A Practical Guide to Hospital Ministry Healing Ways is a comprehensive resource that examines the roles and responsibilities of hospital chaplains It will help you make a shift toward a knowledge and skill based ministry that both incorporates and goes beyond current training approaches In the words of author McCall In today's healthcare and specialized ministry services education and training must be progressive and thorough It must include experiences that increase one's expertise in working with individuals groups families consumers and systems These services must be integrated into the total structure

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of Mayo Clinic available to you in this guide to integrative therapies can help you achieve personal wellness Discover how techniques and therapies once seen as alternative are being used alongside conventional medicine and how you can integrate them into your life too whether you're seeking to manage a chronic condition or boost your overall well being Inside this book you'll read about Relaxation techniques that can help keep stress from spiraling out of control How spirituality in any form

can bring purpose and meaning to your life Use of herbs and supplements to help treat a variety of conditions and symptoms

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